

Spinal Adjustment *and* Mechanical Treatment

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DR. JOHN J. HENDERSON

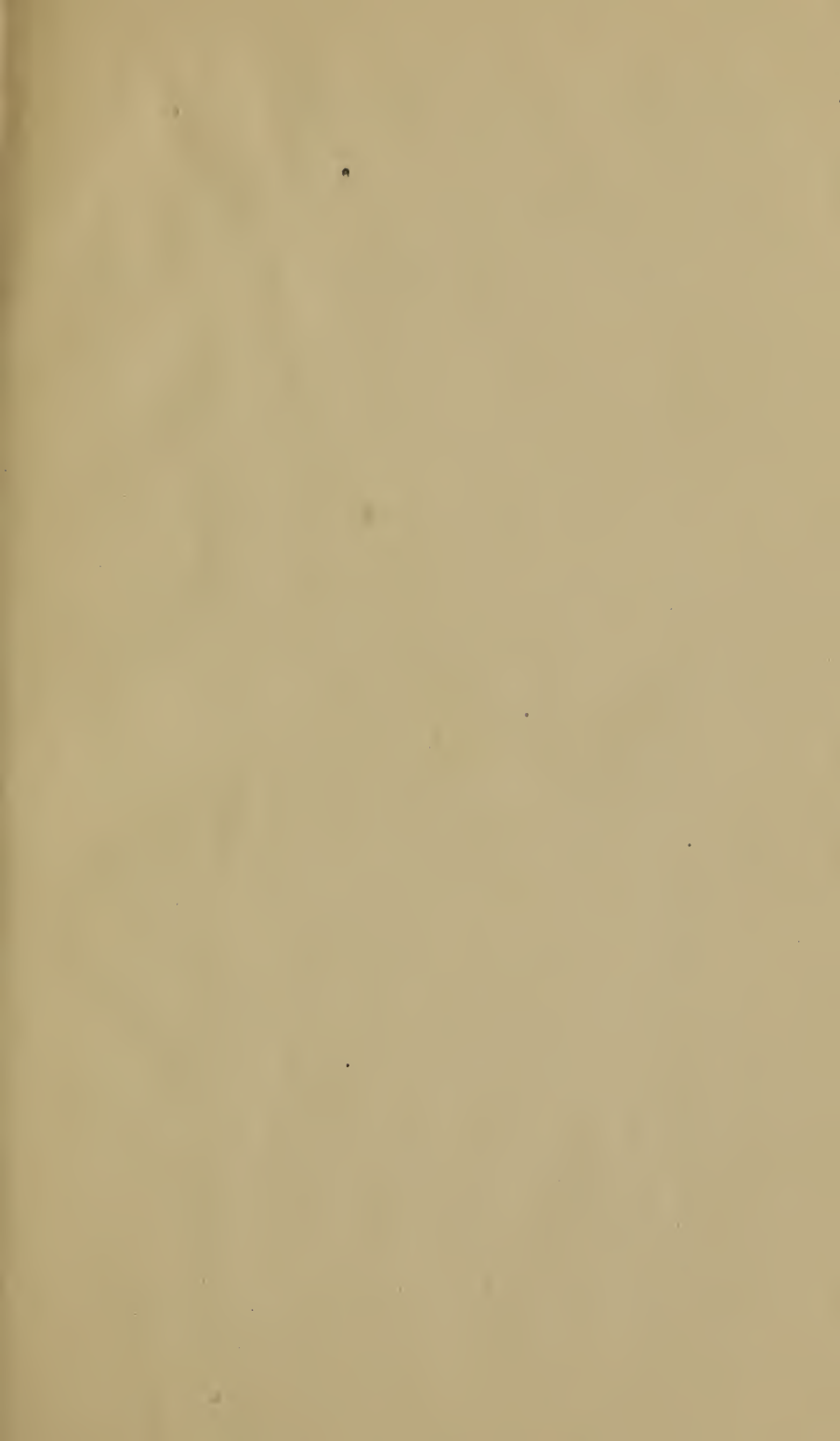


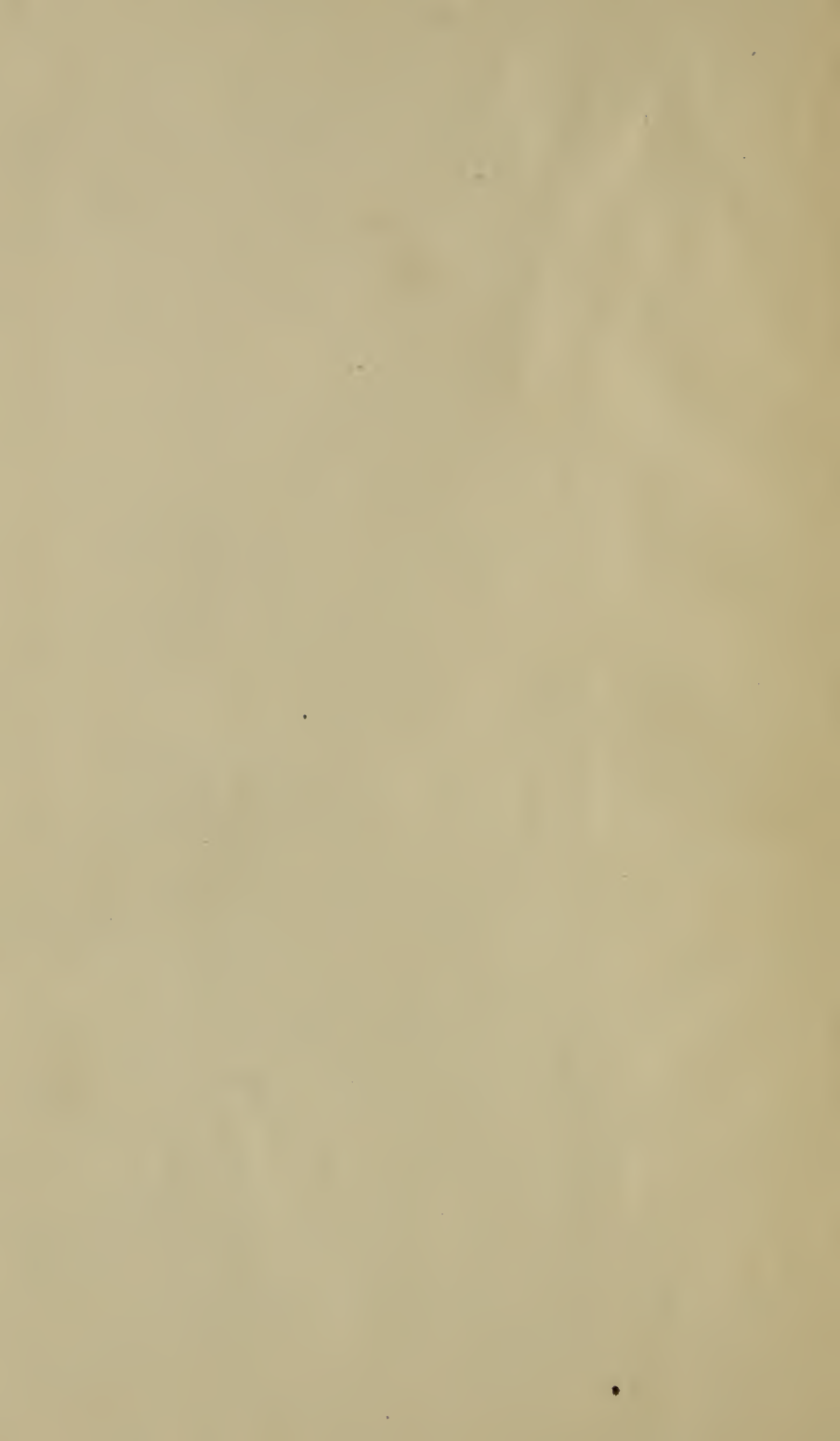
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SPINAL ADJUSTMENT AND MECHANICAL TREATMENT

—BY—

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Heart Diseases and Nervous Diseases. Pre-
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Toxins and Body Poisons,” Etc.

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FOREWORD

My object in the preparation of this volume has been to explain in plain, simple language some truths relative to the mechanical structure of the human body. In the human body may be found in some modified form, every mechanical movement known to science. If the body, in its functions of life, possesses mechanical structures and mechanical movements, it must be considered as a machine. Any machine is liable to become mal-adjusted, and the human machine is no exception. No doubt mal-adjustment of the different mechanical structures of the body is the direct cause of many diseased conditions. The usual methods now employed in the treatment of diseases, do not include the mechanical mal-adjustments or mechanical causes. A treatment which relieves the symptoms may not result in a cure, unless the primary cause of the disease is removed. Symptoms may be suppressed, relief obtained, and the cause of the disease remain uncorrected. This is often the case, and later a more serious diseased condition may result. The human body has three distinct divisions or component parts, as follows: Mechanical, Chemical and Mental. Therefore there may be three causes for diseases, which may be the result of either mechanical, chemical or mental mal-adjustments. There can be but one rational way to assist Nature in the cure of disease, and that is by correcting the mal-adjustment or the real cause of the disease.

This book deals with mechanical divisions of

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the body. It explains how mechanical mal-adjustment may take place and how to recognize these conditions. It gives instructions for readjusting mal-adjustments and how one may keep the body in normal adjustment. The instructions given, are for use in the home and for self-treatment. In complicated diseases it is advisable to consult a physician who has had special training and experience in the mechanical treatment of human ailments. However, if the instructions given in this book are followed, there will be but little need for a physician. Some marvelous discoveries and advancements have been made during the last century, but none have been of more value to humanity, than the scientific discoveries and the development of the advanced mechanical methods of diagnosing and correcting mechanical mal-adjustments of the human body.

It has been my aim to eliminate as much as possible, all technical terms from the instructions here given and to state the facts in a plain, easy-to-understand way.

THE HENDERSON SYSTEM

Long Life, Health and Happiness.

Disease is unnecessary. Disease is unnatural. To be sick and diseased one must live an unnatural life. To have and retain good health, one must observe the Natural laws, which control the normal functions of the body. To do this, we should possess a self-knowledge of these laws.

Good health and efficiency depend on our putting these laws into practice. One of the aims of this system is to teach these laws in a plain, simple way, so that anyone may understand them. Self knowledge of right living proves to be the most valuable knowledge one can possess. No man or woman is thoroughly equipped for living without a knowledge of the Natural laws controlling the life forces of the human machine.

There are three divisions or component parts. The mechanical, the chemical and the mental. Disease is the result of mal-adjustment, which may be either mechanical, chemical or mental. To correct disease, these conditions must be recognized and diagnosed, and corrective treatment instituted for the re-adjusting of mal-adjustments. This is Nature's Way. It is the common sense way.

This system teaches how to recognize unnatural conditions, and how to correct them by self treatment. Anyone may easily follow the instructions and be successful with the treatments. This book deals with the mechanical division of the body, and teaches how to recognize the different mal-adjustments, which may occur, and how they may be re-adjusted to normal.

LESSON ONE

WONDERS OF THE HUMAN MACHINE.

The human body is a most wonderful machine. If we are seeking for wonders and mysteries, we do not have to go outside the study of the human machine to find more mysteries than one could possibly understand in a life time. The mystery of life, as demonstrated in the growth, functions and activities of the human machine, is beyond the comprehension of the intelligence of man.

However, there are many facts which we may know and understand, if we will but spend a little time in the study of the human body and it's life forces.

In health, the human machine possesses the extraordinary power or function of being self-regulating, self-repairing, self-oiling, and, to a certain extent, self-adjusting. The body is endowed with two kinds of intelligence. A *conscious intelligence* (or mind) with which we may direct the voluntary movements and actions of the machine, through what is known as will power. Then there is what is known as the *innate intelligence* (or subconscious mind) which controls the life functions of the organs and parts of the body from the very beginning of life until death, but we are unconscious of the activities or functions. In sickness and disease, the repair or healing functions are under the control of this innate intelligence.

If we analyze the human machine we will find that there are three divisions or component parts, as follows: the mechanical, the chemical and the mental. The mechanical division includes all mechanical actions, movements and functions of all the organs of the body. The Chemical division includes all the chemical actions and functions of the body, such as the processes of digestion of foods and drinks, and the oxidation processes which take place in the lungs as we inhale air, or oxygen, of which the air is composed. Then there are hundreds of other processes, such as assimilation of nutrition from digested foods, the repair and rebuilding processes; the making of new blood cells and the elimination of the old worn out cells; the production of antiseptics, antitoxins and germicides, and the counteracting of poisons and germs which may enter the blood stream. There are many mysteries in the processes of the chemical laboratory of the human machine. Then we have the mental division or component part of the human machine, which directs every voluntary action of the body. As has been stated, this mental division, is subdivided into what is known as conscious and sub-conscious intelligence.

If there are three divisions or component parts in the human machine, and there can be no question as to this being the true analysis, there may be three different causes for mal-adjustment, which may produce disease within the body.

There may be mechanical, chemical or mental mal-adjustments as the primary cause of disease.

Mechanical mal-adjustment often produces chemical or mental mal-adjustment, which becomes a secondary cause of diseased conditions.

This book deals only with the mechanical

causes or mal-adjustment and with instructions for their correction. My books, "The Science of Food Selection," and "How to Eliminate Uric Acid, Toxins and Body Poisons," deal with the subject of Chemical Mal-adjustment and special instructions for correction by methods of self-treatment.

As we begin to make a study of the mechanical man, we find that all of the 310 mechanical movements known to science, are found in some modified form in the mechanical movements of the human machine. There is a life force, which is the motive power, back of every movement, function and action, of every organ and part of the human machine. This life force is what is known as Nerve Force or Nerve Energy. Every chemical process of the laboratory of the body and every mental function, either conscious or subconscious, is produced through this life force or nerve energy.

It is believed today that nerve force is a form of electricity, which is generated through the chemical processes of the stomach and intestinal chemical actions, and also as a result of the chemical process of oxidation which is constantly going on in the lungs. This electrical force or nerve energy is stored in the brain, which acts as a great storage battery.

If we study the anatomy of the body, we find that the brain is located in the skull, which rests on the upper part of the spine or backbone.

In the study of the backbone or spine, we find that it is made up of a flexible shaft, composed of 33 irregularly shaped bones, called vertebrae, of which the upper 24 are movable and the lower nine are immovable and known as the sacrum

and coccyx. These bones of the spine are so articulated, that they do not fit against each other, but between each is a cushion or disk of cartilage, which takes up the jar and shock in the movement of the body. They act in the same manner as a rubber heel on your shoe. If it were not for these disks we could not walk, run, or jump as the jar would be so irritating that it would produce nervous wrecks in a very short time.

Inasmuch as man walks upright, the weight of the body is on the spine or back bone. After we have been in an upright position for several hours or all day, these cartilage disks or cushions, through constant pressure, become much thinner than they were when we first arose in the morning. It will be found that we are from one-half to three-fourths of an inch (or more) taller in the morning, than at night, after being upright all day.

The bones of the spine are so articulated that the spine may have many mechanical movements such as, flexion, rotation, extension, counter-extension, etc. Within the center of the spinal column of bones, is a canal in which is located a large bundle of nerves, which are given off from the brain. This is often termed an elongation of the brain, and is known as the spinal cord.

This column of bones known as the spine, supports the head or skull, as it rests on the first bone of the spine, known as the *atlas*. Then just beneath the atlas is the second bone, known as the axis. Beneath the axis are the remaining five cervical (neck) vertebrae, then the twelve dorsal vertebrae, the five lumbar vertebrae and the sacrum and coccyx. (See the cuts.) Each of the twelve ribs is articulated (attached) to the twelve

dorsal vertebrae. The sacrum is attached to the innominate or pelvic bones which we call the hips. As we study the spine we will understand why it is often called the, "line shaft of man," for it is the central support of the entire frame work of the body. It will be noticed that each two bones are so shaped and formed, as they are articulated together, as to form a round opening or hole between the two bones, on each side of the spine, which opens into the spinal canal. It is through these openings or windows of the spine, which are known as foramina of the spine, that bundles of nerves are given off from the spinal cord, and pass out, dividing and going to every part and organ of the entire body. It is through these nerves, which are given off from the spine, that the Nerve Force travels, just as an electric current traverses the wires. Some of the nerves carry nerve force from the brain to the organs and parts and other nerves carry nerve impulses or sensation from the parts back to the brain.

Just so long as the nerves are free, and there is no obstruction to the normal flow of nerve currents to and from the brain and other nerve centers, there will be perfect health. When there are mechanical mal-adjustments which produce pressure on the nerves, causing obstructions to the normal nerve currents, then we will begin to experience a condition of disease, in the part or organ of the body, to which the obstructed nerve supplies the nerve energy.

All the life forces of the body are under the direct control of the nerves, therefore to have health one must have an abundance of nerve energy and an unobstructed flow of the required nerve energy to all parts of the body. For cen-

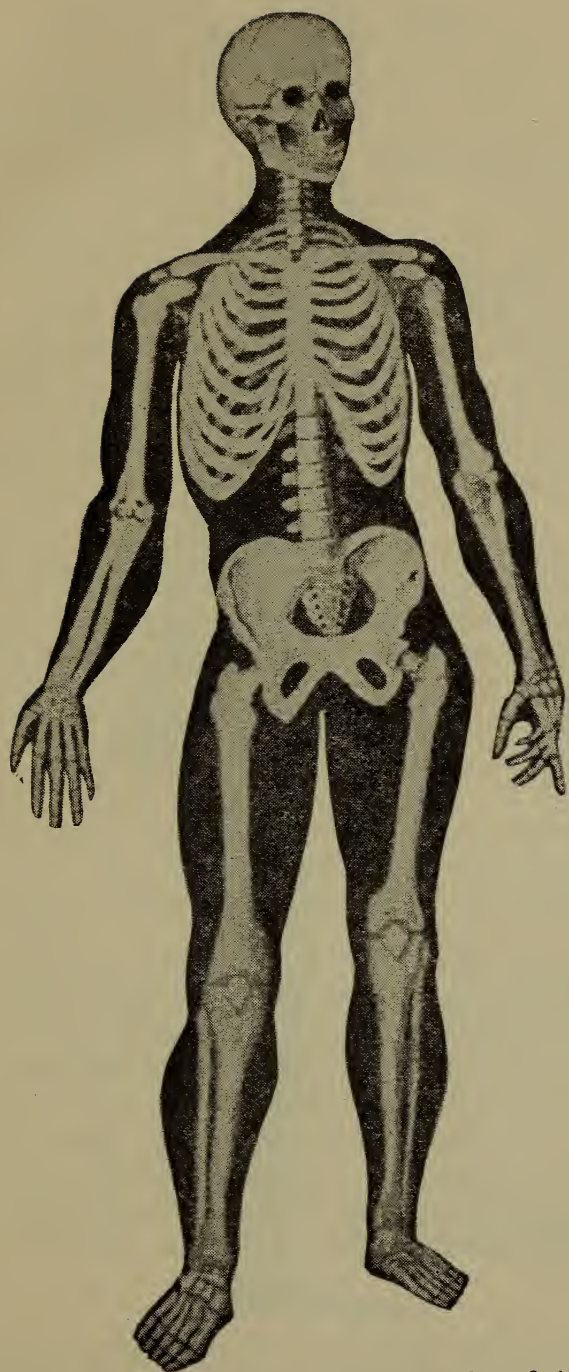
turies so-called medical science has overlooked the fact that the human body is a mechanical machine. They have looked on disease as something foreign to the body. They have handled diseased conditions from the standpoint of something that they could drive out of the body by dosing the body with some poisonous decoction. Today there are millions who are still deluded and think that disease is some foreign something that has gotten into the body, and that they have to dose themselves with some kind of drug in order to get it out. Millions have doped themselves to an early death and thousands are poisoned, physical and nervous wrecks, as a result of continually taking harmful medicines and patent nostrums.

The old line medical schools of today have not yet realized that they are blinded by prejudice and that they are overlooking the real cause of disease, by not being familiar with the mechanics of the human body, and understanding the real cause of disease.

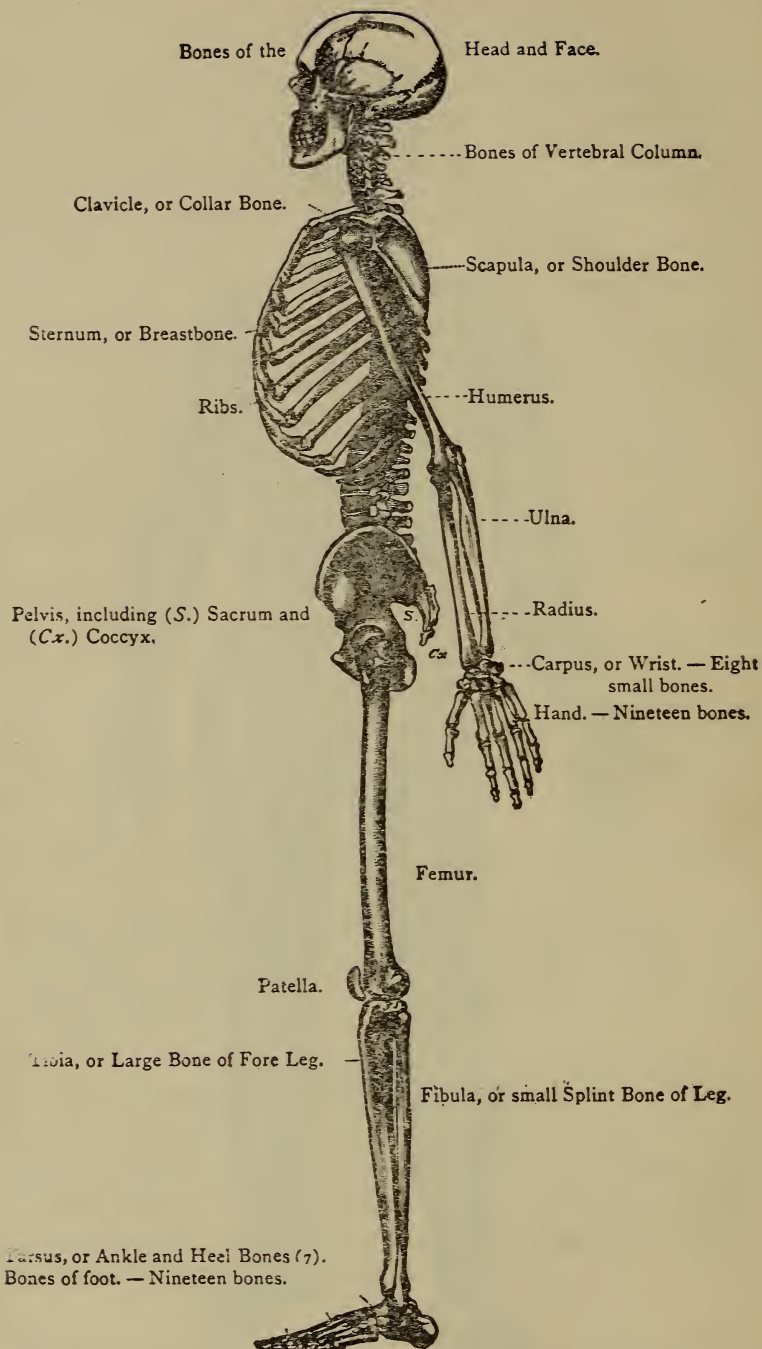
THE IMPORTANCE OF A HEALTHY SPINE.

People who do not know the facts about the mechanical construction of the human body, are of course, ignorant as to the cause of a very large percentage of diseases.

Those who have spent years in scientific research, in the study of the mechanics of the body and their relation to diseased conditions, claim that there are but few diseases in which there are not some mal-adjustments of the spine, or other bones, muscles or ligaments, which have to do with the cause of the disease.



Front view of the bony framework of the body.



Side view of the skeleton and the name of different bones.

If we study the mechanical construction of the lower animals, we will find that they are less liable to mal-adjustments than man. For instance, their spines are constructed very much the same as the spine of man. Man walks in an upright position (or vertical), while the animal walks on all fours, or in a horizontal position. The spine is so constructed that in the horizontal position there is much less liability for slight displacements (subluxations) and the horizontal position has a tendency to keep the spine in a relaxed condition. Inasmuch as there is no weight endwise on the spine, there is no tendency for the cartilage cushions between the bones to become compressed or thinned.

This almost insures the animal a free and normal flow of nerve force to all parts and organs of the body. If we investigate we will find that practically all of the animals live out their entire life as intended by the Creator, and die of old age. If the animals are allowed to live in a natural way, they are usually free from sickness, during their entire life.

The vertical position in which man must use his spine, makes the spine susceptible to twists, and mal-positions which are productive of many mal-adjustments.

The constant pressure on the cartilage cushions between the spinal bones, due to gravity and to muscular contractions, compresses them and diminishes the size of the openings in the spinal windows. This also has a tendency to lessen the normal movements of the entire spine.

When the cartilage disks or cushions are already thinned, the spine becomes susceptible to irritations as a result of jolts, jars, twists, falls, con-

tractions of muscles when lifting, etc., which may not only result in slight mal-positions of the bony framework, but it effects the muscles and ligaments and produces congestion and inflammation, which may extend to other spinal tissues. All of these conditions must produce pressure on the nerves which pass through the spinal openings, causing irritation of the nerve fibers and shutting off the normal flow of nerve currents to the part or organ of the body which the nerve may supply.

All manner of diseases may result from pressure on nerves and blood vessels.

When there is pressure on the bundle of nerves and the two blood vessels (artery and vein), which pass out through the spinal window, common sense would teach anyone that the mechanical mal-adjustment would, in time, produce a diseased condition or weaken the parts which are enervated by the nerves.

As has been stated before, a slight pressure on the nerves may not cause trouble for awhile, and it may go on for sometime unnoticed. If the pressure is of greater degree, the nerve may be so blocked that pain may be felt at nerve endings or along the course of the nerves. Then the pressure may be sufficient to retard the nerve currents to the extent that partial or complete paralysis of the parts or organs, which the nerve supplies, will result. Often these conditions may not seem to be of much importance in the beginning, but owing to obstruction to the circulation, congestion and inflammation, a more serious trouble may result.

Anyone with average intelligence can readily understand how ineffective any treatment would be, which merely treated the symptoms. However,

this is being done every day in the treatment of the sick for all manner of diseases. This is the reason that there is an army of sick people who continue to be treated by one physician and then try another and another. They may be using some drugging methods which may effect the manifestation of the symptoms and often they are led to think they are getting improvement, but later they find that they are not well, but the disease has taken on another form with different symptoms. If there are mechanical mal-adjustments, which are the cause of the diseased condition, there is only one way to effect a cure and that is to remove the cause by correcting the mechanical obstruction. While all diseases are not the result of mechanical causes, it is true that a very large percentage are, and when this is the condition, do not expect good results unless the mechanical mal-adjustments are readjusted to normal.

I have examined thousands of patients, and when I have found the tissue along the spine tender and sore on slight pressure, the patient would be very much surprised, as often some very serious spinal mal-adjustments may be present, and practically no ache or pain had been experienced. This is generally found in long standing chronic conditions. Other cases do suffer with aches, pains, soreness and even spinal cramps. No matter what the disease, the spine should be treated and all contractions and adhesions relieved.

THE OBJECT OF SPINAL ADJUSTMENT AND MECHANICAL TREATMENT

It has been proven by results in thousands of

cases that mal-adjustments of the articulations (contact joints) of the spine, will adjust themselves back to a normal position in the very largest percent of cases if the joints and the muscles and ligaments are loosened and relaxed, by movements and manipulations. Therefore, it is not absolutely necessary that a very scientific skillful adjustment be given, as Nature possesses certain functional powers of self-adjustment within the body. Do not think that you have to become very exact and scientific in the giving of the treatment, in order to assist Nature and to get good results.

Of course the more you learn about the structures and functional activities of the body, the better able you will be to recognize mal-adjustments. One should become familiar with the spine and be able to locate the different bones and divisions of the spine and to know what nerves supply different organs and parts of the body. This can easily be acquired by studying the lessons in this book on the spinal centers and locations. I have known of some wonderful results being obtained by this method of treatment by persons in their homes. Of course as I have stated before, if the case is one which is complicated, it is advisable to consult a physician or specialist, who uses the mechanical method of adjusting, in the correction of the cause of disease. The object in all spinal adjustive treatment is to loosen the joint and to produce normal movement. Loosening the joints and tissues will increase the blood circulation to all tissues of the joint and will cause absorption of the infiltration which has produced chronic soreness, irritation, adhesions and contractions. When this process of absorption begins to take place in the tissues, the

stiffness of tissues of the joint will be relaxed, and of course the contracted hardened tissues will be relaxed. If contraction has produced pressure on the nerves, the relaxation will relieve the pressure and normal nerve circulation will be restored.

The question is asked, How long will this take? This all depends on how long the mal-adjusted condition has existed. It may only require a few weeks and it may require months. If the mal-adjusted condition has existed only for a week, then it will be relieved in a few days or even one day in some cases, but when it has become chronic, it must take time. Many expect to get relief very quickly, but they do not consider that the diseased condition may be the result of mal-adjustments which have been present for a long time. Remember that the laboratory processes of the healing functions in the body, must have time to restore order, after they have been in a disordered condition for months and longer. If the spine is stiffened in some regions, with old, chronic stiffness, contractions and soreness, one may know that more than one bundle of spinal nerves is involved, and that many functions are lessened as a result of the pressure at the points along the spine, and also that it will take time to get the stiffness and soreness out of a spine of this kind. As the spinal condition improves and the soreness begins to disappear the general health will begin to improve.

In simple language, we might make this statement; Thousands can not be well and can not hope to be well, because of the mal-adjusted condition of the spine, which is blocking the normal functions of Nature. The healing forces of the body are diminished to such an extent, that Nature

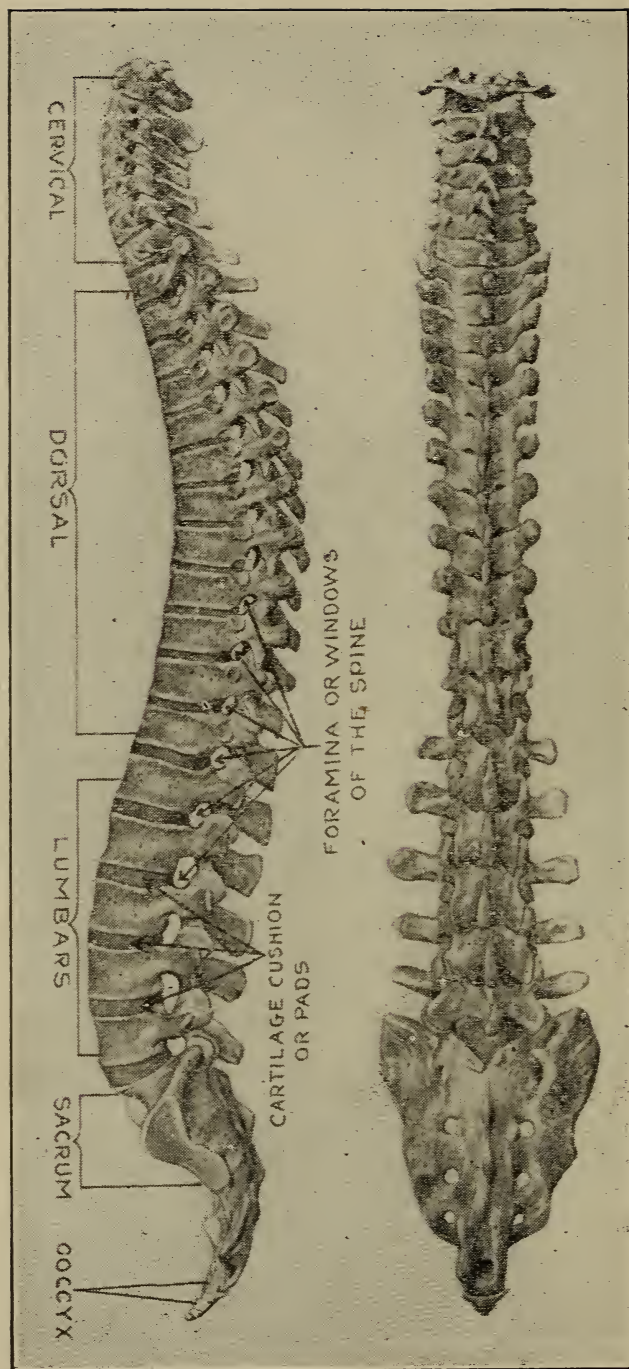
can not cure. In such mechanical obstructions there is but one hope for improvement and that is *mechanical corrective treatment*.

My object is to help others to help themselves. I am trying to teach briefly the causes of disease, which may be either mechanical, chemical or mental. I am trying to make it very simple and plain, that persons reading these lessons may be able to help themselves, to enjoy the very best that is to be had in this life, and at the same time to interest them in the helping of others. Do not think that there is anything difficult about the system I am giving here. It is easy, plain and simple in every way. You can not do harm in any way and have every opportunity to do yourself and others good.

I originally published a part of these instructions in typewritten form. I sold hundreds of them to students and patients. I have had many of them write me, stating that they had obtained the most pleasing results from the system both for themselves and others. This book contains much new matter and more instructions and I feel that those who study these lessons will be better able to accomplish good results. If the instructions and the treatments seem easy, do not fear or doubt about the result.

What every student of this course should do, is to make himself likewise familiar with the other causes of disease. That is, the Chemical and Mental causes or mal-adjustments. If you will do this you will possess the most valuable health knowledge, which will not only enable you to keep your own body in a healthy condition but you will be equipped with knowledge, which will make it possible for you to be of service to your family

and your friends. Most systems of self-treatment or mechanical treatment are lengthy and require a great deal of time each day, to carry out the instructions for the treatment. This is true of many of the physical culture methods, Physical culture is a most excellent system, but there are hundreds of exercises which take a lot of time, and amount to but very little in any way. Those who rely on physical culture, must continually keep at it if they wish to keep in good shape. In the place of having a hundred or more exercises, why not use a few, which will reach and relax practically *every muscle* in the body. I give these exercises in another part of the book. This system of treatment requires but a few minutes time, and is easy to take or give. I am avoiding all technical or medical terms, just as much as possible, and think no one will have any difficulty in understanding every word of the instructions. I could easily write a book on this subject, in technical style, which would cover a thousand or more pages, but what every one wants now, is less padding of books, and more direct, easy-to-understand truths and instructions. All of my books are to the point, and are not padded with useless reading matter.



Side and back view of the spine, showing divisions of the spine. Cartilage disks or cushions between the bones and the foramina or windows, through which the nerves pass out.

LESSON TWO

HOW MECHANICAL MAL-ADJUSTMENTS CAUSE DISEASE

The forces of life, or the power within the human machine, which is the motive power producing every function and activity of life, is what we call NERVE ENERGY. The brain is the great central storage station for this energy. There are relay or substations throughout the general nervous system, known as nerve ganglia, nerve centers or nerve plexus. This system of relay stations composes what is known as the *sympathetic nervous system*. We find these ganglia, or centers along the spine and throughout the internal body. The Sympathetic Nervous System has direct connection with the Cerebro-Spinal System and it seems that the sympathetic system is a system of relays furnishing the required nerve power or voltage to the general nervous system.

The sympathetic nervous system controls the mysterious nerve power and life energy, which takes care of the human machine at all times, from birth until death. This power or force does not seem to be under the control of the will power of the mind, but there may be certain mental mal-adjustments which will produce irritations, which will cause nerve reflexes or irritating leakages of the sympathetic nerves.

There are but very few sensory nerve fibers in the sympathetic system, at least we do get sensations which are recorded in the conscious brain.

However, there may be certain mechanical mal-adjustments producing irritations and leakages of the nerve force which will rob the organs and parts of the required nerve force.

All nerve irritations or reflexes of either system of nerves produce leakages of the nerve forces and weaken the general nerve supply of the entire body.

Hundreds of thousands of afflicted persons have mechanical mal-adjustments, which are the cause of constant nerve irritation and leakages, but they may be unconscious of the condition being present in the body. The object of this book is to educate those who have a desire to know the Truth.

The Cerebro-Spinal Nervous System is the one we usually picture in the mind as we look at the illustrations, which picture the brain and spinal cord. However, this is but part of this great system; as we begin to trace the nerves from their origin in the brain down through the spinal cord and out through the windows of the spine, then on to the different organs and parts of the body, we can but get an idea of the mysterious working of this nervous system.

These nerves are divided and subdivided into branches, supplying every organ and part of the body. The little nervelets so completely infiltrate the tissues of some parts of the body, that one can not even prick the tissues with the point of of a pin, without coming in contact with one of these minute nerve fibers. This is especially so on the surface of the skin. If this is done the

little sensory nerve fibers will instantly carry the sensation of pain to the conscious brain.

We find that these bundles of nerves compose many different kinds of nerves. Some are nerves of sensation, carrying impulses of pain and discomfort to the brain. Others have to do with conveying nerve forces to the organs which control the functions and actions of life, in the tissues and organs. Others are what are known as motor nerves and are under the direct control of the will-power. With our will we direct the contraction of muscles and have our different muscles perform different body movements. We have two kinds of motor nerves, one under the control of the will-power and the other, which conveys motor impulses, over which we have no control. These have all to do with the working processes of the chemical laboratory of the body and all of life's activities. All of these have direct connection with the spinal cord and brain, and pass in through the little openings between the bones of the spine known as the foramina or windows of the spine.

It may be understood that any slight shift of the spinal bones, (subluxation) which will produce an impingement or pressure on the nerves, as they pass through the spinal opening, will effect the normal nerve currents if there is irritation or contraction of the muscles or ligaments in any region of the spine. The contractions may produce a thinning of the cushions between the vertebrae and thereby diminish the bony openings on the side of the spine, and in this way pressure on the nerves. Pressure on the nerves will effect the nerve currents in the same way that pressure on a garden hose would compress the

rubber hose, shutting off or diminishing the flow of water which was being forced through the hose.

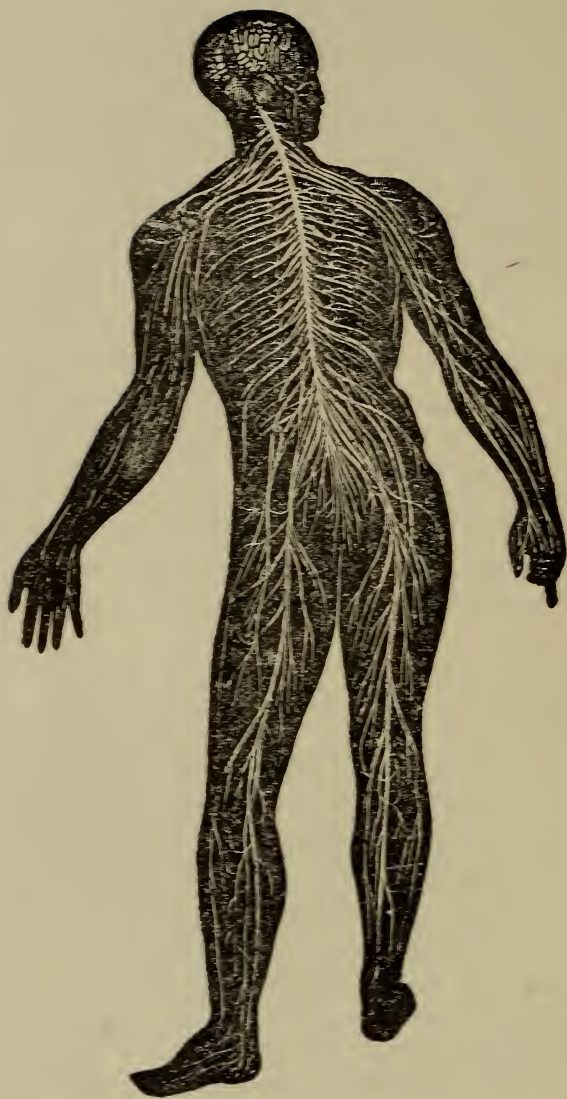
If the normal nerve currents, which supply the different organs are shut off or diminished, of course the natural life force to the organ, which causes it to perform its normal function is deficient, and the organ or part becomes weakened and diseased as a result.

As we trace the nerves which are given off from the spine, we find that they reach every organ and part of the body.

If we know just where the nerves are given off that lead to the stomach, we know at what part of the spine to look for mechanical mal-adjustments, contractions or adhesions, in disorders of the stomach. The same is true of the liver, kidneys, bladder, intestines or any other organ or part of the body.

If we find that there is a general spinal contraction with stiffness and lack of normal movements of the spine, there will be a certain degree of pressure and irritation on the spinal nerves, which will produce a constant nerve irritation and leakage. A large percentage of the so-called nervous diseases will be found in people afflicted with some kind of spinal trouble. It may be that they are unconscious of the existence of such a condition, but examination, with pressure along the sides of the spine, will reveal the tenderness. Some of this class of cases have spinal soreness, stiffness and backaches. This is truly a condition of mechanical mal-adjustments, and normal movement and relaxation must be restored before the pressure on the nerves can be relieved. Many of these cases not only require mechanical

treatments to restore movements, relaxation and to start the process of absorption of adhesions, but they will be found to be very toxic and there will be infiltrations and hardening of the muscle tissues as a result. The toxins and body poisons must be eliminated and the source of poison production corrected. My book entitled, "How to Eliminate Uric Acid, Toxins and body Poisons" will give full instructions for self-treatment.



This cut shows brain, spinal cord and nerves branching out to all parts of the body. The nerves branch into millions of nervelets to every part

and organ of the body. They are so numerous in the skin that if we prick the skin with the point of a pin we are sure to strike one of these little nervelets. Nerves control the action of every organ and part of the body. Each movement you make is the result of nerve energy and effects some muscle which causes it to contract. Nerve energy is life. Any interference with the nerves means disease or death.

THE LOWER ANIMALS ALL PRACTICE MECHANICAL METHODS OF SELF-TREATMENT.

I have stated on another page that animals that walk on their all-fours are less liable to mal-adjustments of the bony and other tissues of the spine. Not only this, but they are less liable to many other conditions which effect the health of man, who walks upright.

To walk upright, the muscles and the ligaments of the entire spine must be under constant contraction, in order to keep the structure of the body in this position and allow normal movements. As a rule we are in an upright position during the entire time we are out of bed, which averages about 16 out of each 24 hours. If we have a dozen chances a day to lie down and relax we do not take the time to do it. At night many of us are surprised when we get in bed to discover that we are very tired and we really had not taken time to know it during the whole day. This is the condition which is the cause of many mal-adjustments of the spinal structure.

When we consider the lower animals, we find that they are under the control of instinct, an

inborn force which directs the animal. Most animals through their instinct are able to follow the laws of Nature and to live out their entire length of life and die of old age, without sickness. When there are exceptions to this rule, it will usually be found that man has prevented the animal from following the inborn instinct. In many of our domesticated animals, man through different breedings, has perverted much of the animal instinct, by forcing certain habits into the animal's life.

Take dogs or cats and watch them as they seem to look after matters of health. They take time to get much relaxation of the muscles and other tissues of the body.

No matter how short a sleep they take, they always take time to stretch and relax their muscles and ligaments when they awake, before getting into action. Man would do well to follow the same exercise on awakening.

Then if we watch these animals we find that they take a certain amount of exercise every day. We see the dog or cat play and get their bodies into all sorts of contractions and positions which bring relaxation and muscular elasticity. The dog does not work, but I have examined the muscles of many dogs, which were more highly developed, and possessed more strength in proportion, than any man I have ever known.. The instinct of the dog, directs him to just the proper degree and it directs him that he may keep every nerve and blood channel free from mechanical mal-adjustment. How often have you noticed the horse taking special exercises by rolling and romping. When animals are sick and suffering from any disorder try to feed them and you will find that they

refuse even the most tempting foods, which they would fight for if they were well. The *instinct* of the animal is many times stronger than the *will* of man. Man would always be benefitted if he would use the same methods when sick. Fasting and partial fasting in sickness of any kind, will always assist Nature.

I owned a Mexican parrot and studied his manner of living and the methods he followed, which resulted in his enjoying 100 percent of good health for the many years he was in my possession. He was a bird of knowledge; he knew things and practiced things which he knew would get results. He knew what to eat and what to refuse to eat. He knew when he had enough, and that is just where many of us have a great weakness, as most every one eats from two to three times more food than the body requires. This bird did not recognize any system of medicine other than the system which he practiced through his own instinct and it was all confined to self-treatment. He would take his baths, and usually made quite a fuss about it. Then he had his time for exercise and adjustment every day. He would go through all kinds of monkey movements, climbing and flapping his wings, bending and stretching his muscles and ligaments. It required but a few minutes but he carried it out almost by the clock, every 24 hours. He was never sick and was possessed of the very best development in every way. I have examined this bird's muscle power and his muscles were developed like that of a super-athlete. If any man had the same muscular development in proportion to the size of the muscle, he would be able to perform feats of strength which would

amaze the world. This type of bird often lives for more than 100 years. I have studied the lives of many animals and find that they all practice a system of self-treatment, insuring proper mechanical adjustment of the mechanical parts of their bodies.

EXPERIMENTS AND RESEARCH WORK ON ANIMALS.

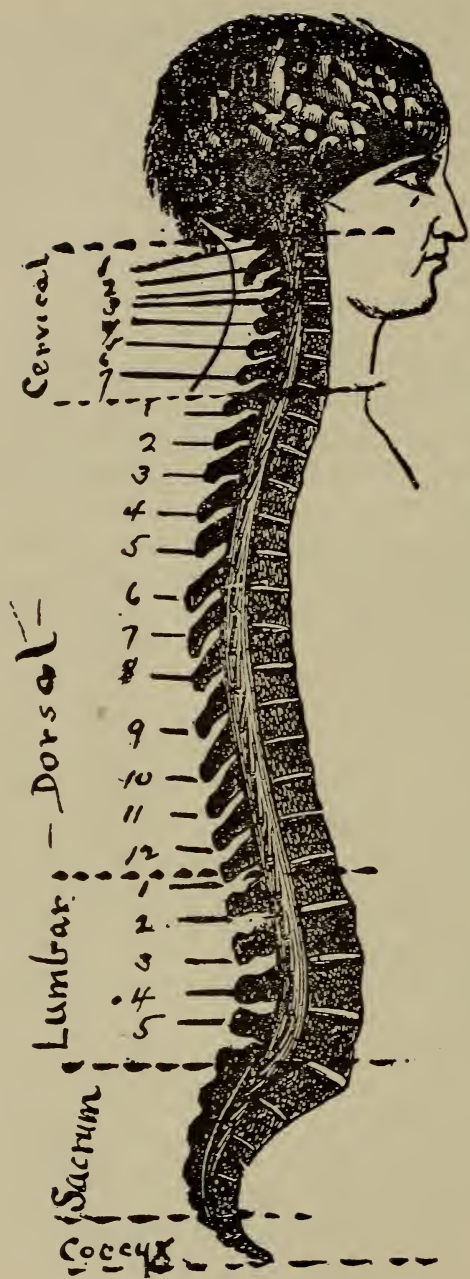
A great deal of research work has been done along the line, of the study of the effects of mechanical mal-adjustments of the spine of the lower animals.

Dogs and guinea pigs have been used for making most of these experiments and provings. For instance 12 dogs, all in good health, were taken, and by gently tapping the bones in the center of the spine, (which give off the nerves supplying the kidneys) subluxations or very slight malpositions of the bones were produced. These mechanical mal-adjustments were produced and allowed to exist for weeks. The dogs were fed the best of foods and given the best of care. In the course of a week all the dogs were ailing; however some continued to eat. As time advanced, urinary examinations showed that some of the dogs were developing forms of kidney troubles, part of the dogs developed Bright's disease, with a showing of albumin in the urine, others developed diabetes, with sugar in the urine. Half of the dogs were treated by mechanical adjustment, and the mal-adjustments of the spine corrected to normal, and in a few weeks they recovered. The other dogs were allowed to go with the mal-adjustments of the spine uncorrect-

ed and they each died from the different forms of kidney trouble, due to the effect of the impingement of the nerves to the kidneys. These same experiments have been made many times, proving the theory of mal-adjustment to be true as to the cause of disease, and that the correction of the mal-adjustment will relieve the disease by correcting the cause.

The cut on next page shows the divisions of the spine. First you will note, beginning at the base of the skull, counting downward, the first seven vertabrae (backbones) known as the cervicals. Then beginning again and counting downward we have the 12 dorsals, the 5 lumbar, the sacrum and coccyx or tail bone.

Study this cut and study the nerve centers as given in the course. You will soon be able to locate any trouble along the spine and to adjust the same.



This cut shows the brain and spinal cord extending down the spinal canal. From this cord nerves reach every part and organ of the body coming out from the spinal canal, through the bony openings as shown below.

LESSON THREE

ALL MACHINES ARE LIABLE TO MAL-ADJUSTMENTS

Every thing which is composed of mechanical parts, and has what is known as mechanical movements, is liable to become mal-adjusted at the points of the different mechanical joints. These mal-adjustments must cause disorders in the functioning of the machine, a railroad engine, an automobile, the watch you carry in your pocket, or the human machine, called man. People in general have not yet become enlightened to the fact that man is a mechanical machine but the real truth of the matter is, that man is the most complicated mechanical machine known. When these facts are known, then anyone with average intelligence will understand that the human machine is subject to mal-adjustments of its mechanical parts, and that any mal-adjustment will result in disorder of the normal functions, and activities of the machine. This is the primary cause of hundreds of disorders, which we call disease, within the human body.

Then if disorder or disease is caused by mal-adjustments of parts of the machine, it would stand to reason, that to correct the cause of disease, the mal-adjusted parts should be re-adjusted to their normal condition.

These mechanical mal-adjustments are known

as subluxations, lesions, contractions, adhesions, etc.

Any disorder or mal-adjustment of the structures of the body must result in disorders of the functions.

There is no doubt that mechanical mal-adjustments are the most common causes for all manner of diseases.

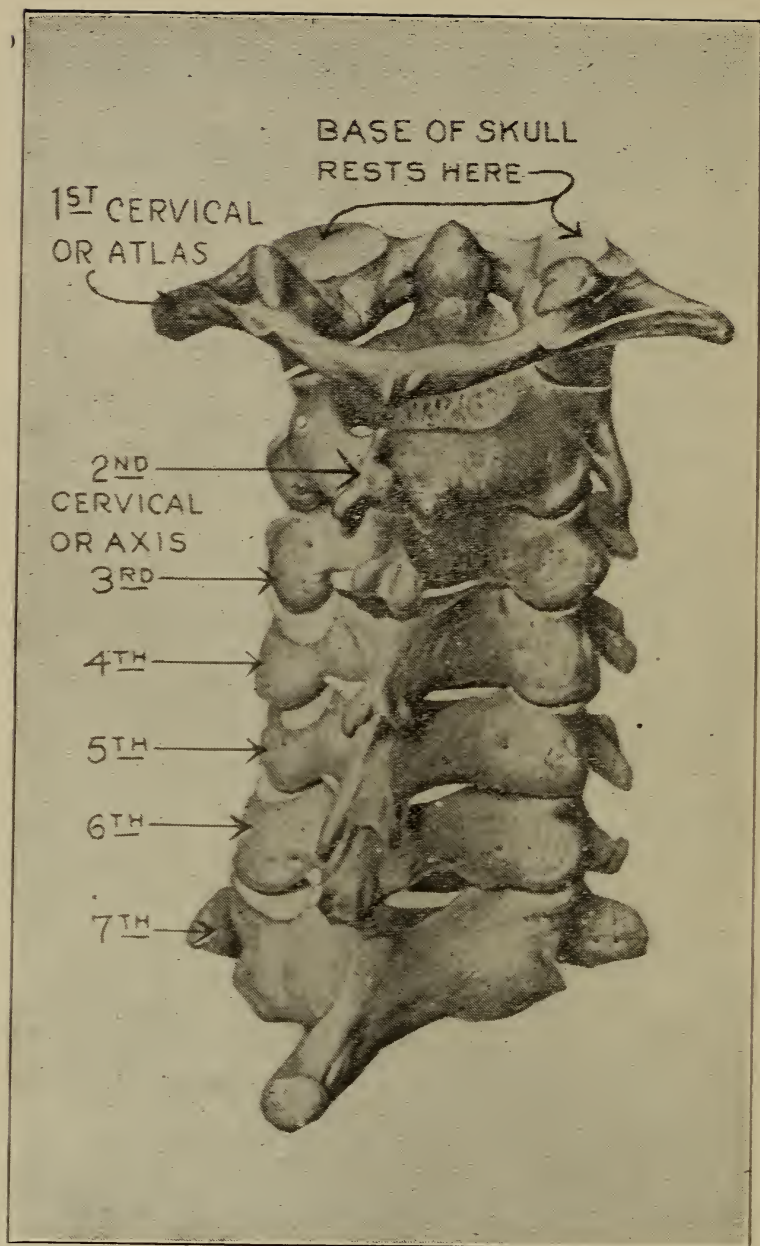
The very strongest proof that mechanical mal-adjustment is the cause of disease, is the fact that when these mal-adjustments are diagnosed, analyzed and corrected by the proper mechanical treatment, the disease disappears, and the patient gets well.

A theory may sound well and the logic may almost convince anyone that it is scientific, but if the results are not in accord with the claims made, the theory and arguments are useless. Mechanical treatments are resulting in the correction of the cause of a large percentage of diseases. What we all need today is a better understanding of the nature of mechanical mal-adjustments, their causes and how we may correct them and keep our bodies in the very best adjustment.

The reason that the science of medicine has not accomplished what it should, is that it has failed to recognize the fact that the laws of Nature must be respected.

It is the force of Nature which controls every function and life force within the human body. We can not understand this force, we never will, but we may understand the working of the laws of Nature to such an extent that we can assist Nature and assist in the correction of any disorder of the body. The great trouble with

science is that man is everlastingly trying to improve on the laws of the Creator (Nature) and in doing so he does more harm than good. Any system of treatment for the correction of any disease of the body must be absolutely in harmony with Nature's laws or it will work harm in the place of good.



The first seven bones or vertebrae of the spine are known as the cervical (neck) bones.

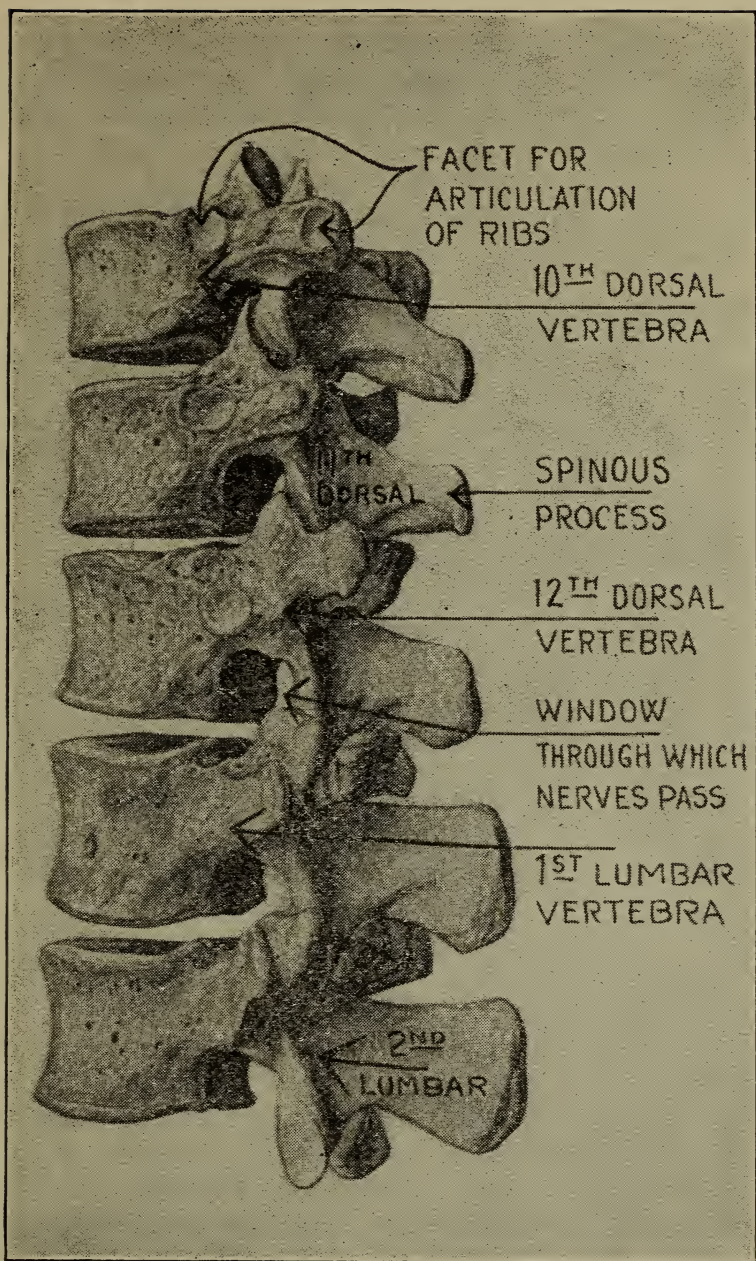
SPINAL ADJUSTMENT NOT NEW.

The principles of spinal adjustment are as old as the spinal column. Thousands of years ago the human race recognized the fact that a healthy backbone or spine meant health. It is true that the races of centuries ago had very crude ways of treating the spine, but they got good results by following their crude ways of keeping the spine elastic, supple and free from muscular and ligamental contractions and adhesions. The American Indian has a mechanical treatment of the spine. We also find that some early races of Europe practiced a treatment of spinal adjustment. In Bohemia they have advanced to quite a degree in the art of spinal adjustment. In India they also use methods of spinal adjustment. Some 15 years ago I met an old Englishman who was a sailor in his boyhood days. He had traveled in India. He told me that he had many times seen in his travels in India one native adjusting or relaxing another's spine. He said one would lie down on the ground and the other in his barefeet would walk up and down his back. He said that the natives laid great stress on this treatment, that it kept their spines in a relaxed and healthful condition. Drugless healers of today all have special mechanical treatments for the adjusting of the spine.

It has become more of a science, as scientific study of the spine has made us more familiar with the wonderful principles of the mechanics of the human body, especially the spinal column.

When the spine is elastic, flexible and supple, one will feel young and there will be a free flow of nerve energy to all parts and organs of the

body. If the spine is allowed to become stiffened, (rigid) and the muscles along and around the spine are contracted and hardened, it means that one is in an unhealthy diseased condition and will rapidly fail in health and vigor. If we will give attention to the spine, keeping it in the proper condition, it will insure good health.



The 10th, 11th, 12th dorsal and the 1st and 2nd lumbar bones or vertebrae of the spine.

Note the spinal windows through which the nerves pass. The spinal disks or cushions are absent. Note just how the bones are articulated or fit together.

MECHANICAL MAL-ADJUSTMENTS. WHAT THEY ARE AND WHAT THEY MEAN.

To get an idea of mechanical mal-adjustment, we must give special attention to the anatomy of the spine. Most of the mal-adjustments of the mechanical structure will be found in the articulation of the spine. Sometimes we find mal-adjustments of the ribs, the innominate or hip bones and other parts, but most all mal-adjustments are to be found in the spinal column.

In observing the spinal column we find that it is composed of irregularly shaped bones, between each of which is a disk, cushion or pad of cartilage, which acts as a bumper or jar absorber. The bones of the spine are articulated (bound together) with ligaments and muscles. The ligaments and muscles are very elastic and allow movements in all directions, such as extension counter extension, flexion and rotation. Every normal, healthy spine should be supple and very elastic. When the spine is stiffened and the muscle tissues along the spine hardened, it is a sign of failing health and premature old age. No matter what the age, if the spine is elastic and supple the person is young and healthy.

There is a canal which extends through the spinal column. It is almost round and is from $\frac{3}{4}$ to 1 inch in diameter, in an average size adult person. On the top of the spine rests the head or skull, and the spinal cord, which is a large

bundle of nerves, comes out from the brain, and extends down the entire length of the spinal canal. This spinal cord is protected by the bones of the spine. As has been mentioned, each two bones or vertebrae of the spine, have notches or grooves in each side, which fit together and form a round opening, known as the foramina or windows of the spine.

Passing out through each of these windows, on both sides of the spine, is a bundle of nerves which is given off from the spinal cord, and with this bundle of nerves is an artery and a vein. These three completely fill the opening or window. When the spine is healthy, the cartilage disks or cushions separate each of the vertebrae just the right distance, which keeps the windows or openings in the spine the proper size.. If these disks become compressed or thinned, it will cause a diminution in the size of the spinal windows and will produce pressure on the nerves and blood vessels which pass out through the opening.

Then there are many mal-adjustments of the bones of the spine, which are termed subluxations. A subluxation is a slight displacement, or movement of a bone from its normal position or articulation. Subluxations of the spinal bones are very common and are the cause of a great many diseases. Even a slight subluxation or shifting of a vertebra of the spine, in any direction, will have the effect of diminishing or closing either one or both windows at the side of the spine and will produce pressure and irritation on the nerves and blood vessels passing out through this spinal window. This partial closure of the spinal window, pinches the nerves and obstructs the normal flow of nerve currents.

If this pressure on the nerves continues, the flow of nerve force is diminished and the part or organ supplied by the nerves can not perform its normal function; as a result some diseased condition will set up in this organ or part of the body.

Some conditions of pressure due to these subluxations will cause an irritation of the nerve and it will become congested and inflamed. There will be pain, either in the nerve or at the ending of the nerves which are impinged.

Some may inquire, what is it that causes subluxation? The causes may be many. In our everyday life we make hundreds of mechanical movements of the spine and other articulations of the body.

Some times a slight twist, in the wrong direction or under some muscle strain will cause a wrong movement of some of the bones of the spine. Then we get hundreds of jars, jolts, twists, wrenches, strains, falls, etc. which may have much to do with the cause of mal-adjustments or slight subluxations of the spine. Then there are many other causes of spinal subluxations, such as abnormal muscular contractions, which may result from the accumulation of toxins and body poisons or even from the administration of poisonous medicines. Mental emotions such as, grief, anger, fear, etc. have been known to produce nervous irritation which produced rigid muscular contractions.

There are other conditions which are often found to be present along the spine and which are often mistaken for subluxations. It is a condition of infiltration of waste and body poisons which have lodged in the muscles and liga-

ments of the spine. This condition will produce a hardening of the muscles and spinal ligaments and not only stiffen the entire spine but will draw the bones of the spine together, compressing and thinning the cushions between the bones. This will cause the spinal windows to be diminished in size and there will be gradual pressure put on all the nerves which pass out through these windows. This is often the condition found in old people, and in those who are suffering from different forms of autointoxication.

I have had many patients who did not have many distinct subluxations of the spine, but they had a general hardening of the spinal muscles and tissues, which seemed to be bound together with adhesions. This condition was cramping or causing a general spinal irritation, which was effecting the nerve supply to the entire body.

Thousands are suffering from this form of nerve irritation and leakage. They may take drugs from now until the end of time, but they will never remove the cause of such diseased conditions by such unnatural treatment.

A mechanical treatment is the only treatment which is corrective and it must be instituted if a cure is expected. In all such conditions where there is accumulation of poisons in the body, natural corrective treatment for the elimination of the poisons and to correct the manner of living must also be instituted.

A slight pressure on the nerve may result in a slight irritation, accompanied with pain, or there may not be pain, but it may diminish the function of the part which the nerve supplies.

A heavy pressure on a nerve may result in complete or partial paralysis of the part which the

nerve supplies. Very peculiar symptoms are often experienced from different degrees of nerve pressure causing different forms of nerve irritation.

Pressure on nerves at the spinal opening, may effect the other surrounding tissues and produce local irritation and congestion. Often spinal adhesions are formed in this way. Also local congestion of the spine due to subluxations, has been known to be the begining of spinal curvature. If people but realized the great importance of the spine, they would never neglect any spinal symptom.

Every function of every organ and part of the body, the production of blood, nerve, brain, muscle and all other cells and fluids of the body, must depend on the Nerve Force of the body as the motive power, which is back of all the laboratory processes of production of the entire body. Every activity of the tissues and fluids of the body must depend on this force. Of course we must furnish the required chemical vital elements to the body laboratory, but without nerve force, the laboratory could not do its work. Likewise the blood circulation must not be impeded, as there must be a normal flow of blood to all parts and organs if health is to be enjoyed.

Therefore, any mechanical mal-adjustment, which will obstruct the normal nerve and blood flow, will result in disease. The only treatment for such conditions is to correct the mal-adjusted condition by the proper adjustment.

LESSON FOUR

WHY THE PEOPLE DO NOT KNOW THE IMPORTANCE OF SPINAL ADJUSTMENT

One of the weaknesses of the human race is that they do not give the body any attention until they are forced to.

They are too busy with other things, they have left the matter with the doctor and let him do the thinking. It is to be lamented that millions have suffered and gone to early graves because they let the other fellow do their thinking. Taking it for granted that the doctor is right just because he has a title of doctor, is a questionable thing. There are *thousands* of doctors who are *good honest men* and have been taught in certain schools that so and so was the proper way; they naturally think they are right because they have been taught in this certain school of medicine.

This was just as true of the doctors who were practicing 100 years ago, and had been taught in their schools of medicine that no matter what was wrong with a patient he should be bled. George Washington was one of the victims of this bleeding method of treating the sick. Hundreds of thousands were victims of such methods in those days. They were wrong, but in those days a doctor was not questioned. He was supposed to know what to do. In the treatment of fever, they withheld all water and let the suffering fever patient burn up, often dying crying for water.

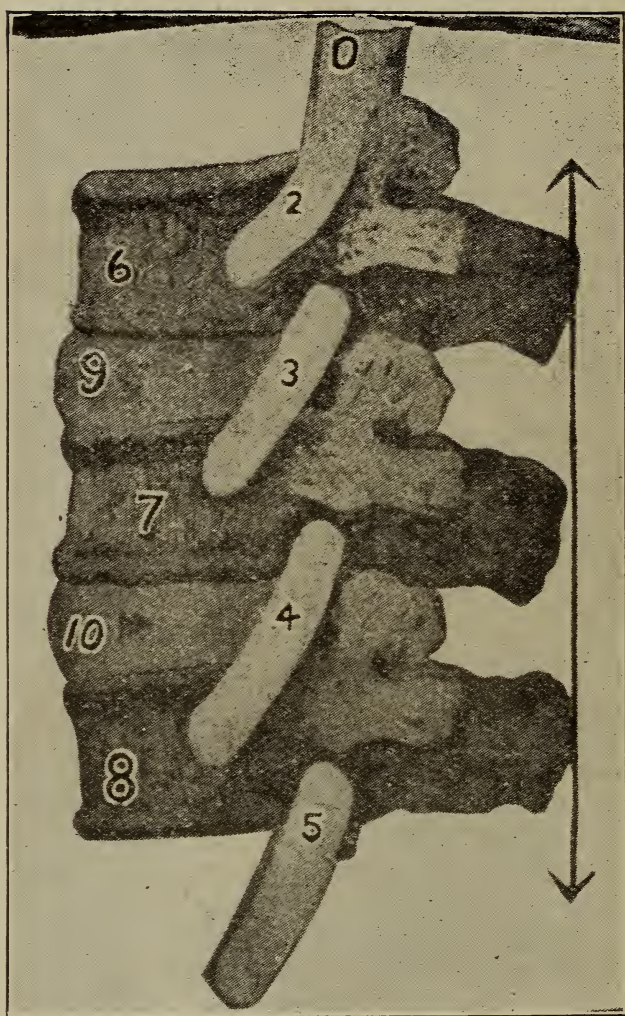
They usually died too. This was the so-called medical science of 100 years ago. People had faith, they believed, they did not question the doctor because he was supposed to know. They let him do their thinking. If they died it was believed to be the Lord's will.

WHERE NERVES BECOME IMPINGED.

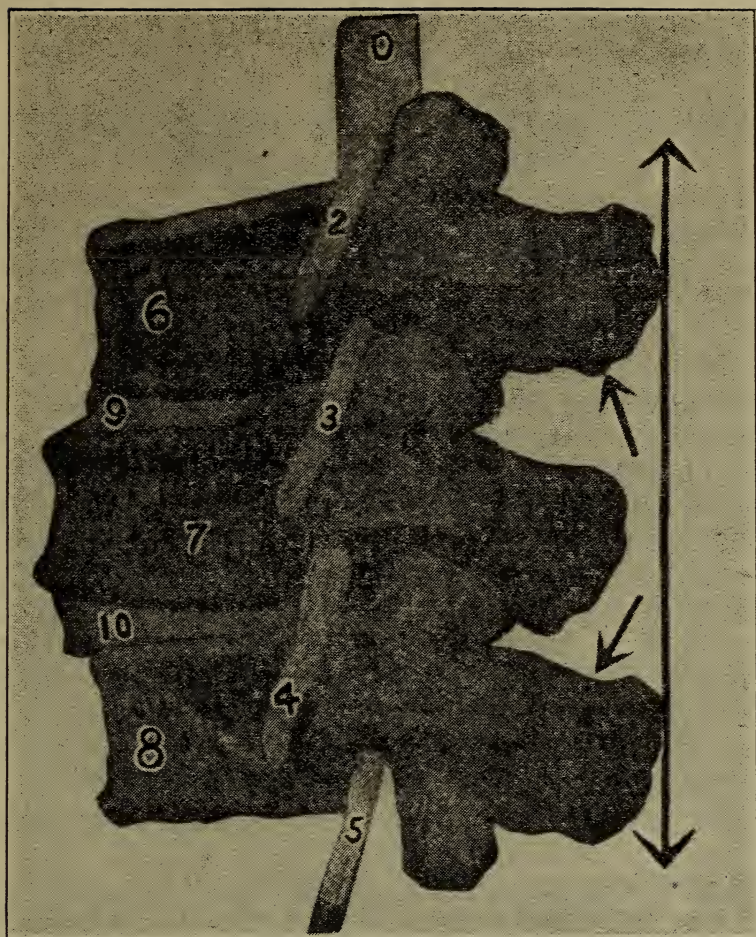
Practically all impingement or pressure on the nerves will be found at the openings or windows along the spine. Any slight shift or movement of the bones, out of their normal position will close these openings to some extent, either on one or both sides of the spine. If the bone (vertebra) is subluxated or moved backward, both openings will be diminished in size. If it is rotated, and one side moved slightly backward, then but one of the openings will be diminished in size and the nerve pinched or impinged at this opening. Now the effect of this impinged nerve may not be noticed at the spinal region at all but it will produce either pain or some diseased condition at the ending of the nerve. Now suppose that this bundle of nerves reached the stomach and furnished the motive power which caused the gastric glands to produce the gastric secretion (gastric juice). If the nerves are compressed by an impingement, of course the nerve current can not flow in its normal quantity. Therefore the gastric juices of the stomach will be diminished in quantity or be of the wrong chemical composition. As a result, the foods can not be properly digested and stomach disease is the result. This condition may not be noticed for some time, but it gradually develops. Now the question, why take a

lot of medicine to try to force the stomach to digest the foods when it can not, because the nerve force, which controls the secretion of the glands, is shut off by pressure on the nerves back at the spine. This is the reason people have stomach trouble and take drugs, and more drugs, but still have the same old stomach trouble. They do not reach the cause of the disease, because it is a mechanical cause and it requires a mechanical treatment to correct the real cause which is to be found back at the spinal opening where the nerve passes through. If the impinged nerve is located at another part of the spine, it may reach the liver, kidneys, bowels, bladder, or supply the limbs or some other part of the body. If the nerve is impinged no matter what part it reaches, it will, after a while produce a weakened, diseased condition, if the cause is not corrected. Many persons have pains in different parts and organs of the body due to impinged nerves. In some cases the nerves become inflamed and there develops what is known as neuritis of the nerve, with much pain.

In some cases there may not be so much of a displacement of the bones of the spine, but there may be sufficient contraction of the muscles and ligaments of the spine to cause pressure on the nerves. What the spine needs in such cases is a good relaxing spinal treatment to relieve the contractions, and bring about a normal circulation in all the spinal tissues. When there is any congestion or sore spots along the sides of the spine over the nerve centers, it is sufficient evidence that there are contractions and mal-adjustments, which should be relaxed and gotten back to normal.



Section of a healthy spine. O. spinal cord. 2, 3, 4, 5, spinal nerves passing out through the spinal windows. 6, 7, 8 vertebrae or bones of the spine, in normal position. 9, 10, healthy cartilage pads or cushions between the bones.



Section of spine showing unhealthy condition due to mal-adjustment.

Note that bone or vertebrae 8 has become mal-adjusted backward (posterior), closing the spinal windows and pinching the nerve. Likewise bone 6 is also slightly mal-adjusted backward, involving nerve 3. This condition would produce irritation and congestion, which effect muscles and

ligaments, and cause a thinning of the cartilage disks or pads 9 and 10. Both 6 and 8 should be normalized.

THE DEGREE OF PRESSURE PRODUCES DIFFERENT EFFECTS.

I am going to repeat what I have said in other parts of this book. That the degree of pressure on the nerves causes different effects. For instance I have had many cases of men who had been mashed in coal mines, some have had complete dislocation of the spine and in such cases the entire body below the dislocation would be paralyzed, inasmuch as the spinal cord would be impinged or compressed, completely shutting off all nerve impulses below this point of the spine. Persons often live for years in this condition, as Nature has provided a special way to supply the organs and tissues in such cases. The relay stations of the sympathetic nervous system supply the nerve force, but the nerves of sensation and the motor nerves, which produce muscular movements, are paralyzed, as they are to be found in the cerebro-spinal system within the spinal cord.

Slight pressure may exist for months and years and but little bad effect be noticed. A slight pressure on the nerves supplying the stomach may continue for years and the person have a slight stomach trouble due to the fact that there is not enough of the gastric juices being secreted.

I remember a case of this kind. A man who had been treated for stomach trouble by 20 or more physicians for years but he continued to have stomach trouble. It was effecting his gen-

eral nervous system and he was becoming a nervous wreck. Someone referred him to me, I examined him and told him that his real trouble was in his spine. He could not understand how his spine had anything to do with his stomach. After explaining that the nerves supplying the stomach come out from the spinal cord and through the bony openings or windows, then around under the ribs to the glands of the stomach, he was interested and wanted me to try to correct the spinal contractions and subluxations.

In six months time this man told me he thought he had a new stomach. He was wonderfully improved, and now after ten years is still in good health and weighs more than he ever did.. Now this condition might have continued longer and developed into cancer, due to the weakened and irritated condition of the tissues of the stomach. This is the way many such tissue changes begin. If this man had experienced a greater degree of pressure, he would have suffered more pain in the stomach, as all the nerves might have become inflamed.

Sluggishness of different organs of the body may result from slight continued pressure on the nerves, supplying the organs. Much of the constipation which is so common is due to this cause. The same is true of liver troubles. When the nerve supply is diminished, to some extent, and the functions of the tissues or organs weakened, it must effect the chemical activities of the organs and parts. In this way the *mechanical* mal-adjustment produces *chemical* mal-adjustments, but as a rule, when the mechanical mal-adjustments are corrected the chemical mal-adjustments will also become normal. Inasmuch

as the nerve force is the motive power and life power of the body, it may be understood just how very important it is that we have a free flow of the nerve force to every part of the machine.

SPINAL NERVE CENTERS.

In studying the spine you will note that the 31 pairs of nerves which are given off from the spinal cord, beginning at the base of the skull, are divided into three divisions in the movable part of the spine.

First we have the cervical spine, composed of the first, second, third, fourth, fifth, sixth and seventh cervical vertebrae. Passing out on each side and beginning at the base of the skull, are the cervical nerves. The next division is known as the dorsal spine, and is composed of the next twelve vertebrae. Passing out on each side are the twelve pairs of dorsal nerves. The remaining five vertebrae are known as the lumbar spine, consisting of the first, second, third, fourth and fifth lumbar vertebrae. The fifth or last movable vertebrae articulates (rests) on the sacrum or large bone at the bottom of the spine, to which the pelvis or hip bones are attached. Then at the bottom of the sacrum is a very small bone called the coccyx or tail bone. This bone is movable and sometimes may become mal-adjusted, causing nerve irritation. Study the illustrations of the spine and become familiar with the different divisions of the spine. You have examined, no doubt the spinous processes of someone's spine with the tips of the fingers. In this way you can soon learn the location of every vertebra and each division.

Start at the base of the skull and count down, seven vertebrae, you have the cervical. Then count down the next twelve and you have the dorsals. The next five, and you have the lumbar. You will soon find that you will be able to locate any vertebra very quickly.

If a line is drawn, or a string stretched across the spine from the lower point of each shoulder blade (scapula) it will run across the seventh dorsal vertebra, which will enable you to find this vertebra quickly. You may count up or down and locate any of the other vertebrae easily.

One should practice finding the different locations along the spine. This mode of feeling with the fingers, the spinous processes of the bones and the condition of contraction, tenderness, etc., is known as palpating, or palpation of the spinal tissues. If the tips of the fingers (the balls of the fingers) are pressed deeply along the sides of the bones of the spine, the pressure will come directly over the nerve and nerve centers between the different vertebrae.

Often these tissues will be found to be very tender and sore, owing to the congestion and irritation present as a result of the impingements and contraction at different locations of the spine. In some cases the entire spine will be found tender and contracted and there will be what is known as a general spinal irritation.

Examine those who are apparently healthy and those who are sick and you will note the difference. However, in many who think they are healthy you will find sensitive, sore spots along the spine.

The spinous processes, or the pointed part of the back bone which sticks back and is easily

felt through the skin of the back, should each be in line with the one above and below. In mal-adjusted positions these will be found to deviate to either side and sometimes they will have been in this position for years until they have become fixed, and false bony tissue has been formed, holding them in the mal-position. This is found in old chronic conditions. These conditions may be absorbed and adhesions broken up if movement is obtained in the different bones of the spine. The most important movement in the adjustment of all spinal conditions is to get movement between each vertebra of the spine. When this is accomplished, Nature will do much to correct other troubles.

LESSON FIVE

DRAINAGE OF THE BRAIN

There must be a normal flow of blood and lymphatic fluids both to and from the head and brain, to insure health and an efficient brain.

This is a subject which has been overlooked and many of the most serious diseases known to-day have their cause in deficient drainage of the fluids of the head and brain tissues.

The brain is the store-house of all the life forces of the body. The motive forces which control every function and activity of the body are stored in the brain. The healthy condition and activity of the brain depend on the normal flow of blood to and from the brain tissues.

Any contraction or mal-adjustment of tissues of the neck region will produce pressure which directly effects the return flow of blood from the tissues and hinders the free circulation of all fluids to and from the head and brain tissues.

Some of the most serious mental and brain diseases are the result of this condition, and a very large percent of nervous diseases are due to this cause.

Thousands of cases of Apoplexy, Paralysis and sudden deaths are the result of this condition.

There are special treatments given in this book for the treatment of the neck, which will equalize this drainage. My book, entitled; "Apoplexy, Paralysis, High Blood Pressure, Heart Diseases, and Nervous Diseases, Prevention and Cure, Self-

Treatment", gives special instructions for the correction of the cause of this condition, as well as instructions for self-treatment for other serious diseased conditions.

Second, Third, Fourth and Fifth dorsal region on both sides, supplies the lungs.

Fifth, Sixth and Seventh dorsals. On the left side will be found the nerve supply to the stomach.

At this region of the spine is also located what is known as the central place. As it is at this location that there is a connection between the cerebro-spinal and the sympathetic nerves, which have a special influence on the general system, if there is decided pressure and irritation at this point and it continues for a long time, it will result in a general nervous breakdown of the system, due to the heavy nerve leakage. This is a part of the spine that should be kept in a supple, relaxed condition.

Sixth, Seventh and Eighth dorsal. Right side is the nerve supply of the liver, gall bladder and some of the small intestines.

Tenth, Eleventh and Twelfth dorsals. The kidneys, ureters, colon, and intestines. Some nerve fibers to the ovaries, uterus, bladder, prostate gland, testies, etc. Left side, nerves which supply the spleen.

First and Second Lumbars. Colon, bladder, hip joints, nerves, to the limbs, ovaries, uterus, etc.

Third and Fourth Lumbars. Nerves to limbs, rectum, sexual organs, knees, feet, etc.

Fifth Lumbar. Rectum, uterus, anus, coccyx, etc.

Coccyx. The mal-adjustment of this small tail bone often produces many irritating reflexes, effecting the limbs, sexual organs, etc.

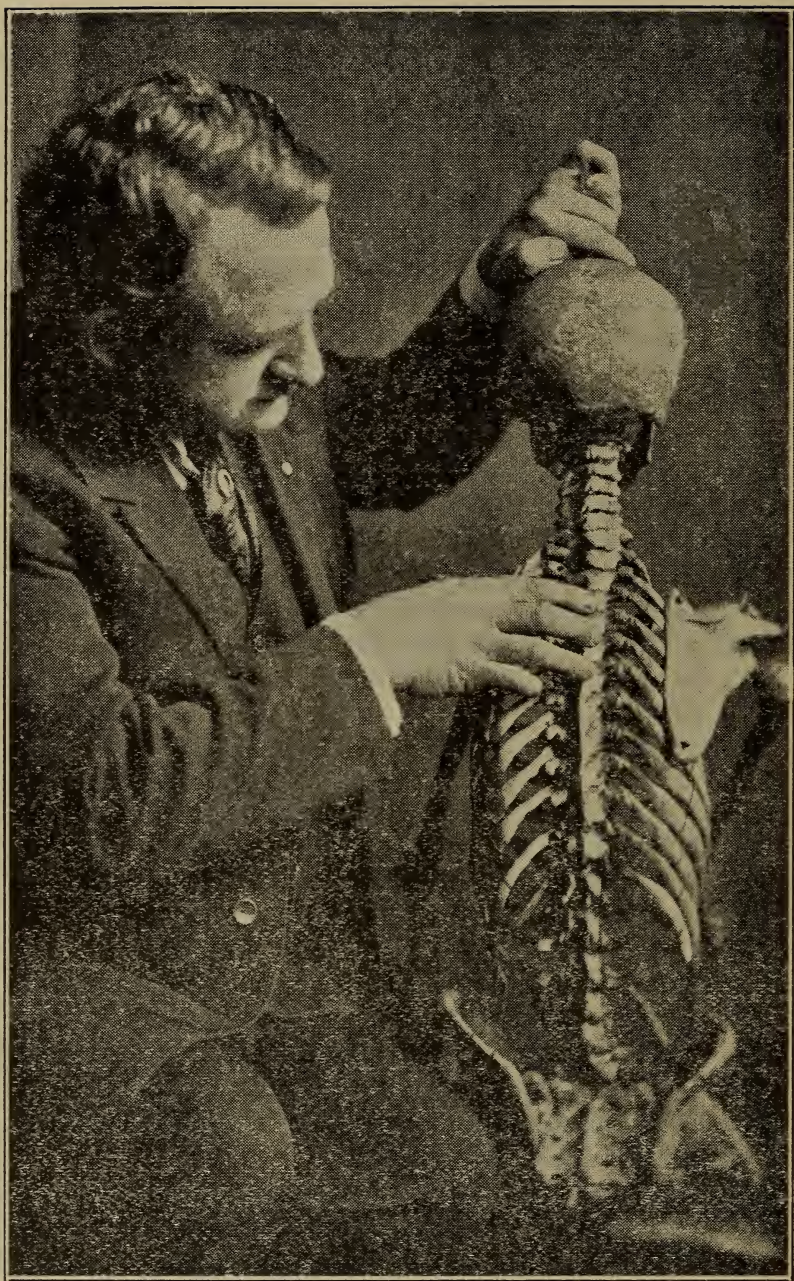
LOCATION OF THE SPINAL NERVES AND THE PARTS AND ORGANS THEY SUPPLY.

First, second and third cervical vertebrae. Coming out from this location are nerves which supply the tissues of the upper part of the face, the scalp, the back of the neck and head, the eyes, ears, optic nerves, upper air passages of the head, the nose, upper part of the throat, muscles of the face, etc. Any irritation of these nerves will cause contractions of the muscle tissues of the upper part of the body and may cause stiff neck and interfere with circulation of blood to and from the head and brain.

Fourth, fifth, sixth and seventh cervicals. Nerves passing out from this region of the spine, supply the throat, parts of the face, eyes, ears, muscles of the neck and shoulders. Nerves also reach the upper part of the chest and the muscles of the arms, etc.

First, second and third Dorsal Nerves from this center reach, arms, upper part of chest, upper part of lungs. On the left side the nerves are given off which supply the heart. There is also a nerve of great importance which supplies the heart, known as the pneumogastric, or vagus nerve, which sends a branch to the heart. It is given off in the upper cervical region of the spine between the first and second cervical vertebrae. This nerve has branches which also supply the stomach and lungs. It is often interfered with, when there are contractions or mal-adjustments in the upper part of the neck.

Palpating the Spine. Palpating means feeling or observing the position and conditions of the bones and muscle tissues along the spine. With



This shows method of palpation of the spinous processes (tips of the vertabrae) which should be in perfect alignment.

the tips of the three fingers of the hand, using the balls of the fingers, one may move the hand up and down the spine and feel the spinous processes (bony protrusions of the backbone). If you will study the picture, you will note that you are feeling the processes of the bones just under the skin and tissues.

The processes should all be in line, now and then you will find one which is deviated to the right or left. Then feel or press just to the side of the spine from which it is deviated and you will usually find, on deep pressure, that there is a tenderness at this point where the nerve passes out through the bony opening. This is due to the contractions, and the closing, or diminishing of the size of the opening. The nerve has pressure at this point and it becomes inflamed.

Palpate, or feel the spines of several persons, you will find some relaxed and there will be no tenderness along the sides of the spine over the nerve centers, while in others there will be much tenderness. After a while you will be able to detect slight deviations or mal-adjustments (subluxations) just by feeling along the spine. You can not be guided by the separations between the bones that you feel as the processes are not always the same distance apart. It is the alignment up and down the spine that should be taken into consideration. All the processes should be just in line, either above or below the one next to it. After a while you will be able to tell when the muscles are contracted and hardened just by feeling them. A normal muscle should be relaxed and flat. When they are contracted they sometimes are found to be hardened and drawn up round. The balls of the fingers will roll over

them, just like it would if a round stick was under the skin. Then these muscles are always tender on deep pressure.

Muscles in this condition need to be stretched and manipulated, in order to relax them. Of course when the spinal mal-adjustments are corrected the muscles will become relaxed.

In many of these excessively tender spines, it is advisable to use the hot wet pack on the spine every day for thirty minutes. This will absorb much of the soreness and increase the circulation. See my book on, "How to Eliminate Uric Acid, Toxins and Body Poisons" for full particulars as to the spinal wet pack, or compress and how to use it.

THE EFFECT OF IRRITATION AND SORENESS OF THE SPINE.

If pressure is made along the sides of the spine where the nerves come out through the bony openings, the nerves and tissues will often be found tender, or what is known as sore spots, along the spine. This indicates that there is some irritation of the nerves at this point. Often an entire spine will be tender or sore, which will show that there is a general spinal irritation. There should be no soreness or tenderness anywhere along a normal spine. When there is soreness or contractions of the muscle tissues you may be sure there is some mal-adjustment or contraction of the spine.

As stated before, if the nerves become impinged or pinched, the nerve force will be diminished. Now suppose the soreness is found along the left side of the spine, just below the shoulders from

the fifth or seventh dorsal spine. The stomach nerves will be effected on the left side, and this will shut off the normal nerve supply to the gastric glands which secrete the gastric juices of the stomach. Some form of indigestion or dyspepsia must soon be the result. Any one can understand how useless it will be to take drugs for the stomach, when the real cause is the spine. The condition cannot be cured by drugs, but the spine must be loosened and adjusted to a normal condition which will free the nerves and allow a normal flow of nerve force to reach the stomach.

If the nerves pressed on, are the ones supplying the liver, then a weakened and diseased liver will be the result. It would not be common sense to take drugs to force the liver to work, as the only rational way would be to remove the pressure from the nerves. People dread gallstones, but a very small percentage know why these stones form. It is because the nerve supply to the liver is under normal, and the liver has not the nerve energy sufficient to produce normal liver secretions. In this condition the chemical consistency of the bile is not normal and the calcium elements harden in the gall bladder, forming a stony substance. The nerve supply must be restored to normal before there can be a normal action of the liver.

No matter what the disease, it is a wise thing to see that the nerve supply to the organ or parts is free—that there is no pressure or irritation along the line. Mechanical adjustments will correct these conditions and allow Nature to return to normal. Nature cannot cure as long as the “brakes” are on. Remove the obstructions to all nerve and blood vessels and give old Nature a

chance. You may ask, do adjustments ever take place themselves? Yes, in many cases a bend, twist, or sudden jerk has been known to accomplish a complete adjustment of subluxations of the spine. There are many cases recorded where sufferers from lameness or paralysis have had accidental falls and afterward found themselves cured. The accidental fall or jar had produced an adjustment, relieving the pressure on the nerves. There was a case down in Texas a few years ago: A man had been hurt in a railway accident; he was, as a result, paralyzed in the limbs, he had had a suit pending against the company for \$10,000; one day while on the street a friend playfully hit him in the back, which knocked him down; the friend had for a second forgotten his condition; he began to apologize, but imagine his surprise when the man arose and walked off without crutches. The lick and fall had corrected the mechanical mal-adjustment, and the man was cured and withdrew the suit against the company.

It has been said, "*A man is as old as his spine.*" There is much truth in the statement. I have examined several thousand spines, and I believe I could be blinded and tell about the age and condition of any person by the condition of the spine. Not one person in a thousand knows the great importance of keeping the spine in a supple and normal condition. The safe and wise plan to follow is to keep the spinal tissues in a normal condition. This may be done by relaxing treatments and by adjusting the spine. As was stated, sore spots along the spine are indicators of nerve tenderness and pressure. It is here that work on the spine is required. As a rule, a slight mal-adjustment will be found at these points, and the spine needs

to be relaxed and adjusted forward. Soreness along the spine may easily be located by making deep pressure with the tips of the fingers. From the illustrations elsewhere, you may be able to tell what organs or parts the nerves supply.

CENTRAL PLACE OF THE SPINE.

At the area of the spine, located at the 4th, 5th and 6th dorsal vertebrae, just between the lower border of the shoulder blades, is what is known as the "Central Place". It is here that there is a direct connection of the cerebro-spinal nerves with the sympathetic, in such a way that most of the large nerve ganglia (nerve relay stations) of the sympathetic nervous system are influenced.

Stimulation at this point of the spine will influence the functional activity of all the organs and tissues of the body. If there are mal-adjustments, contractions of muscles and ligaments or stiffness of the spine at this point, it will have an influence on the functional activities of the entire body. Therefore it is well to always give this area of the spine attention, to keep it loosened and to have normal movement and adjustment.

You will note that in the list of centers for adjustment such diseases as anemia, general aching, fever, general nervous toxic conditions, influenza, la grippe, etc., all direct adjustment at this point. It influences the entire body.

KIDNEY PLACE.

The area of the spine known as the 10th, 11th, and 12th dorsal vertebrae, is the "Kidney Place", as it is here that the nerves are given off which have direct connection with the kidneys. It has

been found that this center also has a general influence on the functions of the entire body, inasmuch as this center influences the lymphatic and serous fluid circulation throughout the tissues of all organs and parts. When we wish to stimulate or influence the circulation of blood, we at the same time wish to influence the circulation of the other fluids of the body, and always give special adjustment to this center. For instance if there is swelling of the hands, limbs or any part of the body, this center is always indicated with other parts of the spine. Even in eye diseases, brain diseases, head diseases of any kind, this center should be adjusted to influence the fluid circulations, etc.

LESSON SIX

SPECIAL CENTERS OR LOCATION FOR ADJUSTMENTS AND CONCUSSION.

The spine should be properly adjusted, relaxed and supple at these points of the spine in order to free all nerve impingements. (C means Cervical, D dorsal, L lumbar, Rt. Right side, Lt. Left side.)

Acid Stomach	5 to 7 D.
Acne	2 D.
Aching (general)	6 D.
Ague	6 D.
Albumin in urine	10 to 12 D.
All gone feeling	8 D to 2 L.
Anemia	6 D.
Apoplexy	6D.
Arms, Disease of	5, 6, 7 C I D.
Asthma	4D.
Appendicitis	8, 9, 10 D. Rt.
Arthritis (general)	6 D.
Bright's disease	10 to 12 D.
Bladder	1 L.
Bronchitis	4D..
Blackheads	10 to 12 D.
Catarrh of head	1, 2, 3, C and 6 D.
Catarrh of Stomach	5 to 7 D.
Catarrh of Lungs	3, 4, 5 D.
Catarrh of bowels	8, 9, 10, 11, 12 D 1, 2L.
Catarrh Bladder	1, L.

Catarrh Bronchial Tubes	2D.
Catarrh Vagina and Uterus	1 L.
Chills	6D.
Chocking Sensation	5D Lt.
Chills and fever	6D.
Cholera Morbus	1 to 2 L.
Cold Feet	12 D or Coccyx.
Chorea	6—D.
Cold in head	3C.
Colitis	12 D to 2 L.
Costiveness	12 D.
Consumption	2, 3, 4 D.
Cramps in bowels	11, 12 D 1 L..
Cramps in limbs	4, 5 L Coccyx.
Cramps in arms	1, 2, 3 D.
Croup	5D to Lt.
Cystitis	1 L.
Deafness	2, 3, 4 C 5D.
Dilation of Stomach	5D Rt.
Dilation of Heart	7C 4 D.
Diphtheria	5 D Lt.
Diabetes	6—12 D.
Dizziness	1, 2 3 C.
Disease of feet	4, 5 L.
Disease of knee	2L.
Disease of hip	1 L.
Dropsy	12 D.
Diarrhea	2 L.
Dysmenorrhea	2 L.
Dyspepsia	5D.
Ear ache	4 C.
Ear Roaring	1, 3 C.
Eczema (general)	6 and 12 D.
Epilepsy	1 C 6D and 2 L.
Exophthalmic Goiter	5 D Lt.
Eye Ball motion	3C.

Eye Diseases	2 to 5 C 12 D.
Facial Paralysis	3C.
Fainting	1 C to 6 D.
Fever, general	6D.
Feet Cold	10D to 5 L.
Floating Kidney	10, 11, 12 D.
Flux	2L.
Female Weakness	10, 11, 12, D 1, 2 L.
Gall Stones	7. D.
Grip	6D.
Gravel	12. D.
Gout	6 and 10 D 4.5 L.
Hay Fever	4C and 4D.
High Blood Pressure	6D, 10 D.
Hiccough	4C.
Heart trouble	2 C 3, 4 D.
Impotency	1, 2 L.
Indigestion	5D.
Infantile Paralysis	6, 11, 12 D 2L.
Insanity	1, 2, 3, C.
Insomnia	1, 2, 3, C 6 D.
Jaundice	7D.
Laryngitis	5D Lt.
Leucorrhea	2L.
Liver disease	7 D Rt.
Measles	4 and 6 D.
Mental Depression	2, 3, 4 C.
Menstruation, painful	11, 12 D 2L. Coccyx.
Ovaritis	2L.
Piles	4, 5 L Coccyx.
Prostatitis	3L. 12 D.
Prolapsus of Uterus	4L.
Proctitis	4, 5 L.
Rheumatic Arthritis	6D.
Sciatica	4L.
Sexual Weakness	2, 4 L.

Thyroid Enlargement	-----5D. Lt.
Uterine Diseases	-----2 L.
Uninary disorders	-----12 D 1 L.
Vertigo	-----1, 2 C.
Vomiting	-----5 D.

NERVES

If you will notice the cuts of the spine, and the cuts showing the nerves coming out from the spine, through the bony openings or spinal windows (formina), you will see that there are 31 pairs of these bundles of nerves emanating from the spinal cord. They are given off in pairs, one from each side of the spine. These nerves branch out and divide and subdivide, reaching every part and organ of the entire body. This nervous system conveys life impulses or nerve force to every life cell of the body. Every function and action, from birth until death depends on this nerve force. The production of blood, muscle, bone brain and nerve cell, and every tissue and fluid of the body, depends on the free and unobstructed supply of this nerve energy. The chemical laboratory of the body, may be supplied with an abundance of the chemical elements, but unless there is also an abundance of the vital force, the chemical laboratory of the body could not do its work. Nerve force is very much like the hidden electric force. We can see and feel the effects of the mysterious force, but we can not see the nerve energy nor the electric energy. They are invisible forces. The same is true of the mysterious forces within the life fluid of the body, the blood. We may see and experience the life forces of the blood, in its power of cell production,

tissue building, body repair, life forces and healing forces, yet the force is not visible to the human eye. We may take nerve tissues and blood and place them under a powerful microscope and there find the nerve cells and the blood cells, but we have no way to see the real vital principle of life, the hidden force of the Creator which each possesses.

The most important matter that should concern us, is to have a knowledge of how to possess an abundance of both nerve life and blood life, and the knowledge of how we may keep each in constant circulation, to each and every organ of the body.

The aim of the instructions in this book, is to impart knowledge which will help to keep the body in a normal, mechanical adjusted condition.

As has been pointed out in the foregoing pages, and shown in the illustrations of the spine and nerves, it may be understood that many mechanical mal-adjustments may occur along the entire spinal column from the base of the skull, to the sacrum. If there is mechanical pressure at any region of the spine, effecting any one of the sixty two bundles of spinal nerves, passing through the spinal windows, it must interfere with the normal life force to the part or organ which this particular bundle of nerves supply.

Many serious diseased conditions are present, as a result of mechanical mal-adjustment of the spine, due either to slight shifts or subluxations of the spinal bones or to contraction of muscles and ligaments, which result in pressure and irritation of the spinal nerves.

It is an easy matter for any average person to give the spinal column and other important

mechanics of the body just a little attention and keep the entire machine in good working condition.

A PLAIN COMMON SENSE METHOD OF ADJUSTING THE SPINE TO ASSIST NATURE TO RESTORE HEALTH

If you will study the shape of the bones of the spine and the manner in which they are articulated (bound or fitted together) you will plainly see that by restoring movement in the joints and adjusting them forward, as is done in giving the quick thrust, you can not do other than adjust the bone to its normal bearing or position. You will note the illustration made from actual photographs of parts of the spine (on another page). It will be seen that these articulating facets (bearings) are so interlocked that the facet or bearing on each bone above fits into the bearing of the bone below.

The bones may be moved slightly backward or rotated to either side and backward, but in no case can any single bone be slightly moved forward out of adjustment, unless it would be done by the force of a lick which would fracture the bearing. This being the case one may understand just how simple the principle of spinal adjustment really is. You may read literature and books on the subject until you are grey headed but this does not change the real fixed principle of adjustment. Those giving instruction on adjustment of the spinal column may claim to have a hundred different moves for adjusting but why not get down to facts and study the spine as it

really is. Then you will see that by using mechanical normalizing movements to loosen the joints, the adhesions and contractions will be relieved. If there are accumulations of waste and toxic matter which have lodged in the tissues of the joints, hardening them, this will be absorbed as the normal movement of the joint is restored. In this way we may restore normal movements and readjust the mal-adjusted spine to normal. Many persons are afflicted with a stiff, rigid spine due to infiltrations, contractions and adhesions, and it may take weeks before the joints have sufficient movement to permit anything like a normal adjustment. Some who claim to be an authority may state things differently, but truth is truth, nevertheless and common sense study of the spine will prove the facts I am stating. When there is stiffness and contraction of the joints, we may know that there is a thinning of the cartilage cushions between the bones of the spine. This condition, of course produces extra pressure on the nerves as they pass out through the spinal windows. As the spine is loosened up and normal movement restored, these cushions will again thicken up and become elastic. I made the statement above that the spine could not be subluxated or slipped forward without fracturing the facets or bearings of the bones. Now I wish to state that the spine may have a gradual curve forward by the bones being tilted on each other, but this is a condition of spinal curvature which is seldom seen.

As we loosen the spine by mild exercises and manipulations, restoring normal movements, then we will find that the adjusting thrust will be more effective.

The quick spring thrust as described will not always produce a movement, but it stimulates the circulation around the joint and stimulates the nerve centers at the same time. It acts as a form of rapid stimulation and brings effective reflex processes in the nerves.

It is for this reason that many feel an exhilaration after the spinal adjustment has been given.

The whole secret of spinal treatment is to gradually exercise the different joints of the spine and restore normal motion. As this is done, continue to adjust the spine forward, or if in palpating (feeling) the spine you detect a vertebra (bone) slightly out of line to one side, you may give the thrust adjustment to one side as well as forward. If you will follow this, you need have no fear of getting results.

You must remember that it sometimes takes years for the spine to become stiffened, contracted and mal-adjusted. It may likewise take months to restore normal movement, and be able to adjust the spine and reconstruct the general health of the spine. Use your common sense and you will get results.

MANIPULATION AT SORE AND TENDER AREAS OF THE SPINE.

Any sore or sensitive area indicates contraction and irritation. This condition will result in pressure and irritation of the nerves, which pass out from the spine at this point. We should manipulate these sensitive areas, stretching the muscles and relieving the tension. This will increase the circulation in the tissues and remove

the cause of congestion. The soreness will gradually disappear and this will relieve the pressure. The spine must be adjusted at this point also. The best way is to manipulate the tender sensitive muscles along the spine first, for three or four minutes and then give the direct spinal adjustment.

Remember that it may take many treatments to absorb the condition causing soreness, which has been of long standing.

When you relieve the sensitive area along the spine, relieving the impinged nerves, you will restore normal functions at the ending of the nerves or the parts the nerves supply. .

Never treat hard in the beginning, that is, hard enough to cause much pain, but during each treatment, work a little deeper and the congestion and soreness will gradually disappear. Always impress on the party being treated, that he must relax, as much better results can be accomplished.

It is not necessary to treat on the bare skin, as one or two thicknesses of clothing *do* not interfere with giving manipulations. The fingers can detect the hardened and contracted muscles just as well through thin material. If regular massage is to be given (this is rubbing the skin) it must be given on the bare skin.

LESSON SEVEN

THE IMPORTANCE OF MANIPULATIONS FOR THE HEAD AND NECK

There are more than thirty prominent muscles, besides many very short bands of muscles and ligaments which give the tissues of the neck its strength and motion. These different muscles keep the head erect and control every movement of the head. In and between these muscles are hundreds of arteries, veins, lymphatic channels and nerves.

The excessive blood circulation to and from the head and brain must pass through these blood vessels, the lymphatic drainage from the cavities of the head and brain tissues must pass down through the lymphatic canals. Then on each side of the neck bones (vertebrae) at each joint, are given out a pair of cervical nerves, which supply the head, face, shoulders and part of the tissues of the arms. There are several other very important large nerves which are also given out from the neck region, which are not considered as the cervical nerves, though they do emanate from the cervical spinal windows.

When we study the anatomy of the neck it would seem that it is somewhat crowded. It is not crowded if it can be kept in a normal condition, but it is a fact that the neck is one of the most common parts of the body, in which we find

contractions, tensions and hardening of the muscles and ligaments, as well as mal-adjustments, due to slight mal-position of the neck bones and a thinning of the cartilage cushions between the neck bones.

Any disturbed condition of the anatomy of the neck will cause contractions of muscles, tension, hardness of the tissues, etc., which produce not only pressure on the cervical (neck) nerves but will compress the veins which convey the return blood from the head and brain. This compression of the veins will retard the blood, and produce what is known as UNEQUAL CIRCULATION to and from the head and brain tissues.

This condition will not only cause an inward pressure of the blood within the brain, but as the flow is retarded, there will result a slight stagnation of the retarded blood and some chemical changes must take place.

This retarded or impeded circulation of blood from the head is the cause of hundreds of diseases. It not only effects the healthy tissues of the head and brain but effects the general health as well. Apoplexy, Paralysis, High Blood Pressure, Heart Diseases, Nervous Diseases, Mental Diseases and many others are the result of this condition. This condition will weaken the entire functions of the body. It will produce diseased conditions of the nose, throat, ears, eyes, and all tissues of the head as a result of insufficient drainage from the tissues of these parts of the head. It may not be understood, but the blood in the arteries which supplies the head is pumped up from the heart pressure, and the arteries are always under heavy inward force, but it is quite different with the return blood in

the veins, the veins are larger in capacity and there is more vein space for the blood. The veins are not under the heavy inward force. This is the reason that a slight contraction of muscle and ligaments, will compress the veins and shut off the normal flow of blood from the head, and retard all the blood circulation from the brain. The drainage of blood from the head and brain is one of the most important functions of the body to be considered.

Therefore for this reason the neck muscles and tissues should be given attention often and they should be kept in a normal relaxed condition. One can relax his own neck and keep the tissues free from contractions and irritation by giving just two or three minutes time to the neck about three times a week. (My book on, "Apoplexy, Paralysis, High Blood Pressure, Heart Diseases and Nervous Diseases," contains many valuable instructions on the neck conditions). People often complain of peculiar feelings in the head and brain, loss of the power of mentality, and many peculiar head symptoms, all of which may be traced to retarded return flow of blood from the brain.

How to Manipulate the Neck. Recline on a bed or couch.. With the left hand reach over the right side of the neck, use the balls of the fingers (not the tips) manipulating with deep pressure back next to the spine, pull and stretch the muscles, pull the tissue forward and relax it as you work the muscles gradually. Work down deeper, as there are four layers of these muscles. About two minutes' work will give relaxing effect; then with the right hand reach over to the left side and give the same treatment.

On deep pressure you will find the tissues are

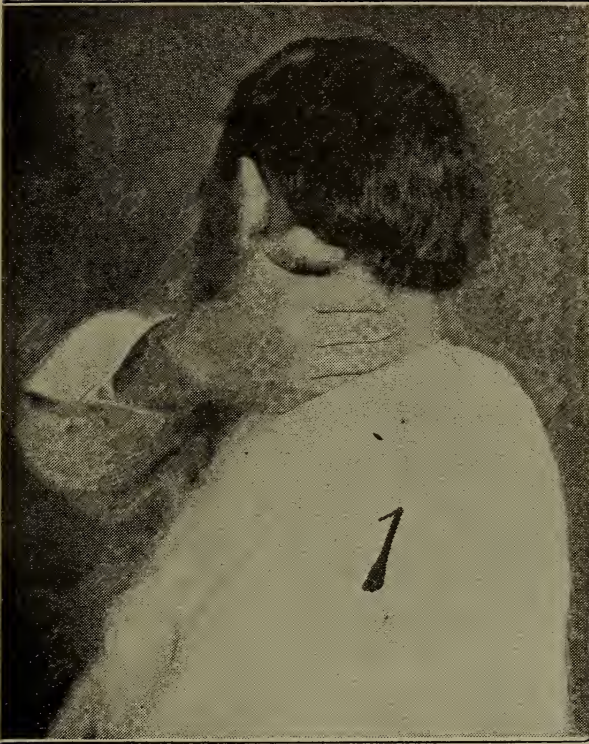
sore; this tenderness is caused from congested nerves, and as you continue with the treatment, the soreness will gradually disappear. In some cases of very sensitive tissues, it may require a month or two to get the best results.

This treatment may be given every day (preferably before retiring) for a week or two, then every other day for a while; after the tenderness has disappeared, once a week. You can give the same treatment to anyone by standing on one side of the person and reaching to the opposite side of the neck and treating the tissues.

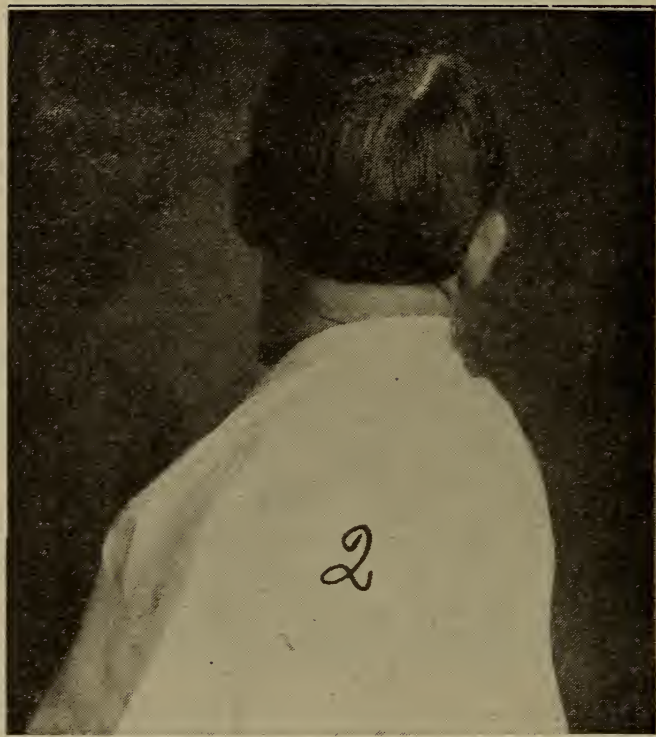
Exercise the neck muscles by turning the head as far as you can to one side and the other, just as though you were trying to see behind you. Do this eight or ten times until the neck muscles feel tired.

Stretching the Neck. Reach up with both hands and lock your hands together just around the back of the head. Now relax the neck and pull the head forward on the chest. Pull hard and you can feel the effect of the relaxation down in between the shoulders. Pull this way two or more times. Then put the hands under the chin and try to push the head back the other way a time or two. This exercise keeps the cartilage pads between the vertebrae in a relaxed condition, at the same time stretches many of the short ligaments of the neck. All of this also frees the blood circulation. This can be done in bed at night or in the morning before arising.

Pulling the neck. Let a person be seated on a low stool or on the floor. Put one hand under the chin and the other at the back of the neck at the base of the skull. Now pull up on the neck and turn the head from one side to the other. If



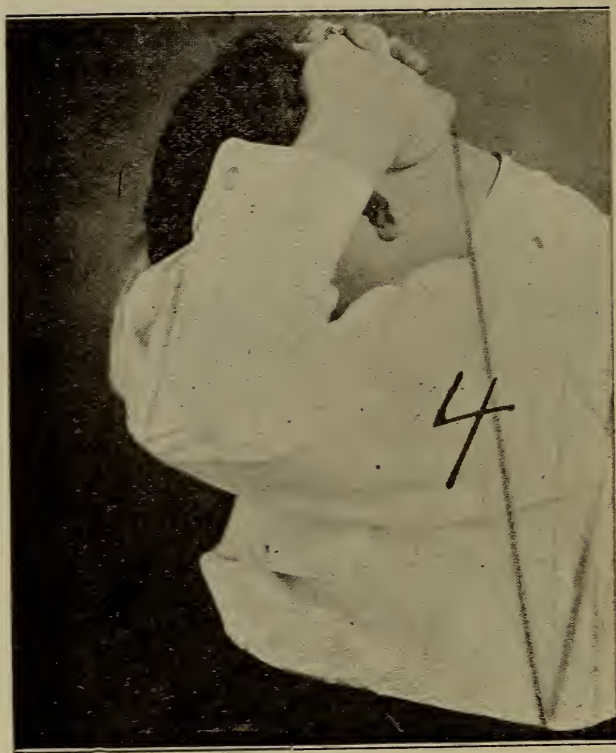
No. 1. This cut shows position of hands in manipulating neck muscles. Manipulate the muscles from the base of the skull down in between the shoulders on both sides of the neck, also front muscles of the neck. See instructions on another page. Better results may be had by reclining on a bed or couch as you may be better able to relax.



No. 2. This cut shows exercise of neck. Turning the head to one side and then the other, many times.

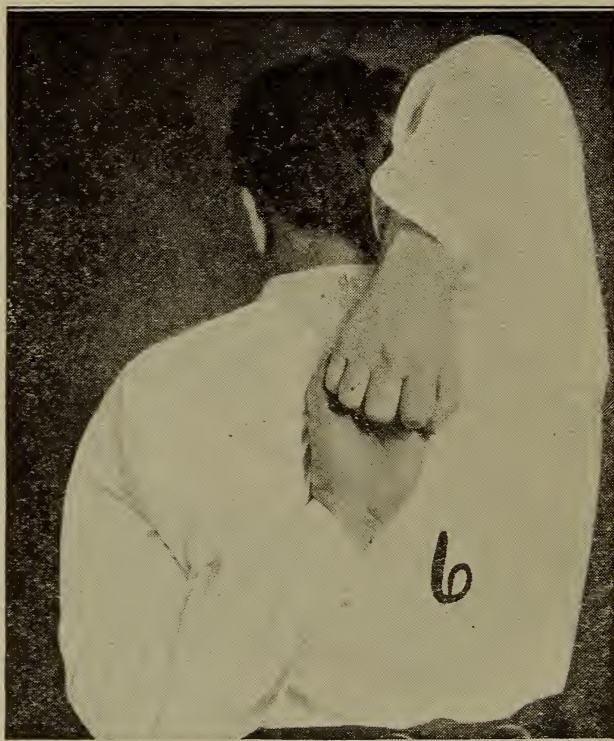


No. 3. This cut shows method of using some force, in turning head and stretching the muscle tissues etc. See instructions.





No. 4 and 5 shows the use of force in stretching the front and back muscles of neck.



No. 6. This cut shows exercise for loosening the muscles and tissues of the shoulders. First try this over one shoulder and then change hands and try it over the other.

you wish, you may lift with enough strength to lift the person from the floor. This is an especially good treatment to give to children suffering from head, nose and throat troubles, also in many acute conditions, fevers, etc. Neck pulling may also be done by having the person lie across a bed or on a couch and pull with enough force to move the body with the rotations of the neck as given above.

Relaxing the Shoulders. Stand erect, slowly raise both arms above the head, at the same time take a deep breath and raise the chest and expand same. Now slowly exhale and at the same time bring the arms down behind you, try to keep the back of the hands as nearly together as possible, even straining your muscles through the shoulders to get them back as near as possible. (Very few persons can get them together). Repeat this movement three or four times. This relaxes the muscles of the shoulders and at the same time brings up the chest and front ribs. All flat-chested persons should use this exercise regularly. This should be done both night and morning for a week; in chronic conditions, three times a week. Another good method of raising the shoulders and clavicles (collar bones) is to open a door and catch the top of the door with both hands and allow the weight of the body to be held up by the arms for a minute at a time. This may be done by swinging by the arms on anything above the head. I have known persons to place an iron bar across the top of the door casing (frame) about two inches from the top of the casing and use it to stretch and lift the shoulders as given above. There are some very large blood vessels just under the collar bones, and when there is contrac-

tion drawing these bones down, it compresses the vessels and retards the return flow of blood from the head. This, with neck contractions, is the cause of many enlargements of the neck, known as Goitre.

HOW TO ADJUST THE SPINE.

If you have studied the spine and noticed the illustrations given, you will see that there are 31 pairs of nerves which are given off from the spinal cord and pass out through the spinal windows, between each joint of the spine. These are the nerves over which flow the life forces of the body. The fibers from the nerves reach every organ and part of the body. The list of nerve centers on another page will make it possible for you to know just where each bundle of nerves reaches and what organs and parts they supply with the nerve force. This is what one must learn to remember; the nerve center and the part of the body it supplies. Then, for instance, if we wish to treat for stomach trouble we will treat the spine at the 5th and 6th dorsals. The main object in the adjusting of the spine is to restore normal movements at each joint and to free any impingement of nerves. When we use the tips of the fingers, and make pressure along the sides of the spine where the nerves are given off, we will find contractions of the muscles, irritation and soreness at different locations where there is any pressure or irritation of the nerves. Then we usually find that the joints of the spine are stiffened at these points from contraction and hardening of the tissues. The entire spine may be stiffened and devoid of normal movements.

What we wish to accomplish is to restore motion, to relax the muscles and other tissues and get the spine elastic and supple again. This will assist in relieving the pressure at the joints and on the nerves and will make it possible to readjust the spine.

In the child, and in youth, we find a full amount of nerve force flowing to all parts of the body. If we find trouble in the spine as a rule it is not general, but in different localities. The spine as a rule, is elastic, and has free movements. In those of older years we find general stiffness and the spine only bends or has movements in some directions. Some persons can not turn the head as far around as they once could. Some can not twist the body or stoop over like they once could. This is all due to stiffness of the spine. Persons of 70 years of age may be young and full of life if they can keep the spine free and elastic, with normal movements.

TENDERNESS AND SORENESS INDICATE THE PARTS INVOLVED.

This is one way to diagnose or analyze any sickness. If we examine the spine and find tenderness and soreness at a certain point of the spine, it indicates that the nerves given off from that point, are not normal and we may expect to find some diseased condition in the parts the nerves supply. If there is soreness and tenderness of the nerves going to the liver, we know at once that the liver is not getting its full supply of nerve force. If it is the kidney nerves, we will expect to find some trouble with the kidneys, etc. If it is the nerves supplying the arms of course we will expect to locate some trouble in the arms or hands.

MANIPULATION TO RELAX THE MUSCLES.

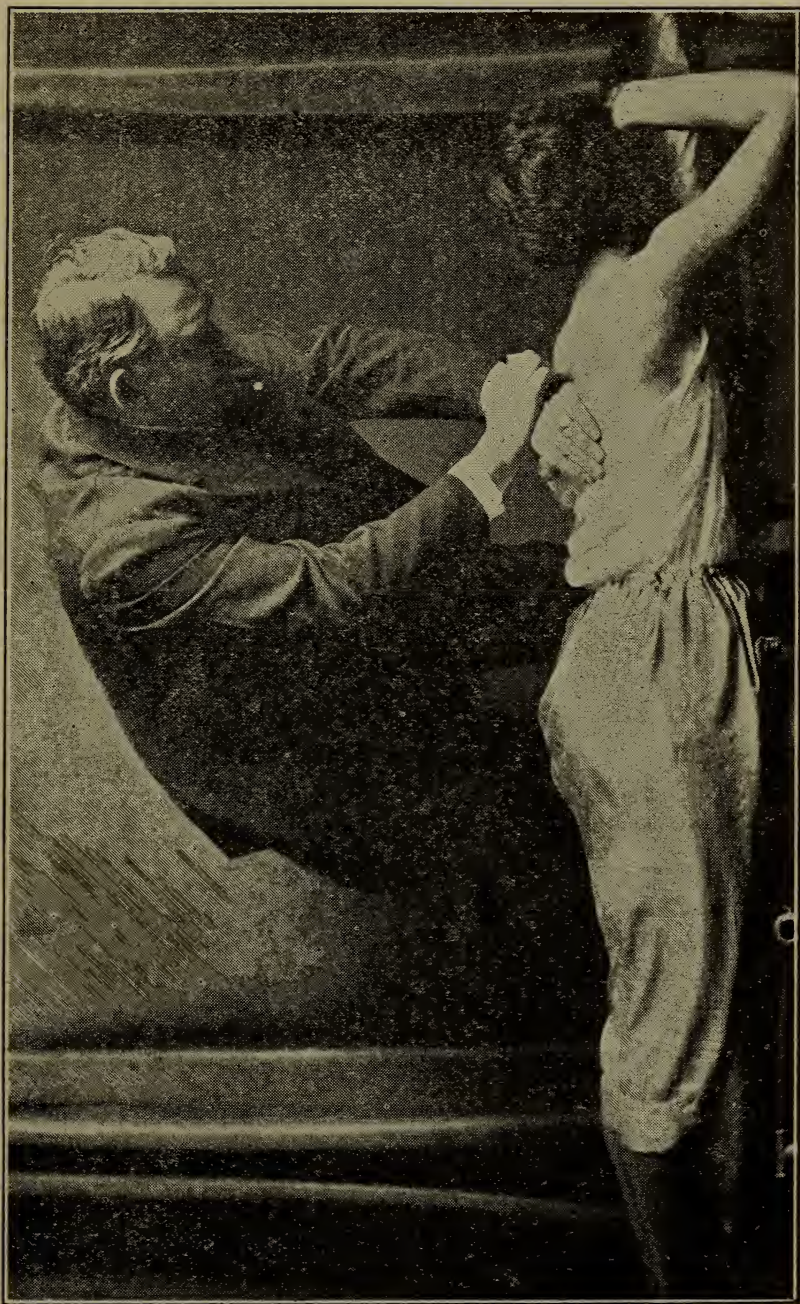
The muscles along the spine should be relaxed and stretched by manipulation. This will increase the circulation and assist Nature to absorb the congestion and inflammation. Many persons are not aware of the fact that they have sore and tender spots along the spine until some one finds them by using pressure or palpation with the tips of the fingers. There are very few persons who have a normal spine.

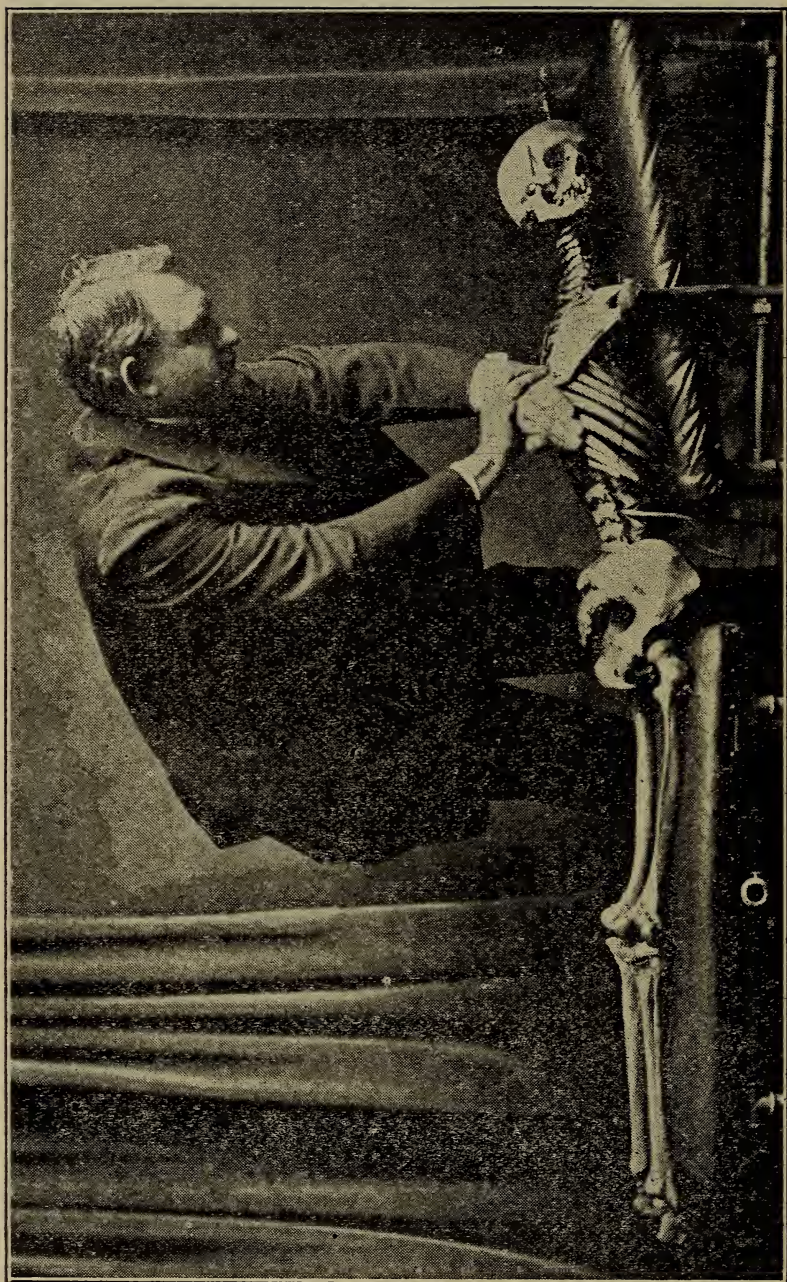
ADJUSTING THE SPINE BY THE THRUST METHOD.

(See Illustration on page 89 showing how it is done.)

Have the person to be treated or adjusted lie face down on the floor or a hard table. Place a thin pillow under the chest. Have the back bare, so you may be able to palpate the location of the spine you wish to loosen and adjust. If the spine is sore or tender on both sides alike, you may know that both nerves are involved or pinched on both sides of the spine, and that the vertebra (bone) should be adjusted straight forward to loosen and adjust it into line. If there is more soreness on one side than the other, then you will note that the bone is rotated or back more on the side of the tenderness than the other and the nerve on this side is pinched the most. If this is the case, the bone should be loosened and adjusted more to the tender side to line it up or adjust it back into proper position.

Now as the person to be adjusted is in position, place your left hand, palm down across the spine (backbone), then place the right hand, palm down





on top of the left hand. Now while you press down on the spine, make a sudden thrust or quick springing motion, which will loosen the joint of the spine and adjust it forward, at the point of contact under the hand.

This cut shows the position for adjusting, and how to place the hands to give an adjustment. This woman as you will note is on a table (15 inches wide and 5½ feet long, 15 inches high. Anyone can easily make one) but the table is not necessary as the adjustment may be given on the floor as well, using a pillow under the chest. Have the person to be adjusted try to relax, before the sudden spring or thrust is made on the spine as described in the lesson on adjusting. Read lesson carefully. After adjustment is given, let the party rest two or three minutes before getting up.

An ironing board placed on a bed may be used. Have the person lie flat on the ironing board and you may give the adjustment. The adjustment can not be given right, on a bed or couch as they are too springy. A solid surface must be used under the person to be adjusted. I prefer the floor, when there is no table.

When this is done you may hear a "click", or noise in the joint of the spine. As a rule when the joint is moved or adjusted quickly you will hear this click, (or the person adjusted will hear it) some joints move and no click is noticed. Just make the thrust one time at a location, if the joint is not moved, you have at least loosened it and absorption of the contractions and adhesions will take place to some extent and after a few times the joint will move to its proper position or be restored to normal movement and suppleness.

Now in giving this thrust adjustment, you may adjust every joint of the spine at one treatment by moving up and down the spine at different locations and making the thrust, or springing movement, at the different points along the spine. *This is not specific adjustment*, but will be beneficial as it will loosen and restore movement to the general spine.

As stated, one may adjust certain points or locations of the spine or may give a general thrusting of the entire spine. This treatment may be given once a day for a week, then every other day, or twice a week, until desired results are obtained.

When the thrust is made, do it quickly, and relieve the pressure of the thrust quickly, in the same manner as if you were driving a nail, do it quickly. When this kind of force is exerted to any part of spine quickly, it will just effect movements at this particular location. If it were a slow pushing movement of course it would push or move the whole body. This may be illustrated by piling up, one on the top of another, four or five books. If you take your finger and push slowly on the book in the center of the pile, you will move the whole pile of books, but if you take the end of your finger and hit one of the books in the pile a quick lick, it alone will move and the others of the pile will remain in place. This is the same principle involved in the quick thrust used in giving spinal adjustment.

Do not think you have not done good, if you do not hear the little "click" sound, which is often heard when the joints move. In some cases many adjustments will have to be given before the joints will become loosened to such an extent that

the clicking sound will be heard. The clicking sound is seldom ever heard down in the lower spine, known as the lumbar. Remember that the quick thrust movement of adjusting has a spontaneous stimulating action to the joint and surrounding tissues, which stimulates the nerve centers and revitalizes the functions of the tissues of the spine. In all chronic cases it may be necessary to give this treatment every day for a month or more.

It does not require more than two or three minutes to give the thrust adjustment of the entire spine.

It is always advisable to give some of the other manipulations and movements.

Always try to get the one being adjusted to relax. Some persons stiffen themselves and contract their muscles at the time the thrust is expected and in doing this they tighten the spine and it is very difficult to get good results. Always tell them to think of something else and try to relax. In many cases the one giving the thrust should try to divert the patient's mind, or catch him off guard, by asking some question, and while he is relaxed, make the thrust. One good method is to have the patient take a deep breath and just as he finishes exhaling the breath, make the thrust.

As one gains experience in adjusting the spine one can soon learn to throw the vertebra straight ahead, or turn it a little to one side, as it may need, in making the adjustment. If one continues to adjust straight forward, when the joint is loosened the vertebra will be easily adjusted to the proper position. No harm can be done, in any way in getting the adjustment. Of course in children, one must use less force in giving the

adjustment. Spinal adjustment is the *basis* of all *spinal treatment*. It is always advisable to have the party adjusted, use the exercises as given in another part of this book.

This method of adjusting can not be used for self-treatment but you can easily show others how to adjust and explain to them how to use the quick thrust on your spine. On another page will be given directions for making spinal adjustments of one's own spine by the use of certain movements. All the neck treatments may be given to one's self.

LESSON EIGHT

Manipulation of the Spine. In some cases manipulation or deep massage of the muscles along the spine, does a wonderful amount of good in relieving the contractions. This should be given for three to five minutes before the adjustments are given. Stretch the muscles the same as instructed to do in manipulating the neck muscles. This may be easily done by having the person lie on the side. Reach over and stretch and manipulate the muscles on the side of the spine next to you. Press deeply and with the balls of the fingers lift the muscles away from the spine. Start at the neck and work down the entire spine. The adjustments are usually all that will be needed, but if there is much tenderness and contractions it may be well to start with the manipulation also.

How to Adjust and Loosen Your Own Spine. The above instructions, of course, would require some one to do the work for you, but there are instances where you may not be able to have a relative or friend do this. Then you may be able to help yourself to some extent by using the following method. This will loosen, and in many cases, adjust the spine, if you can allow your body to relax. If you wish to loosen or adjust the middle and lower spine (dorsals and lumbers), take three or four thick books, placing them on top of each other, making a pile from five

to eight inches in height. Now lie on your back on the floor, placing these books under your spine at different locations. Allow the weight of the body to rest on the books and relax yourself. This will force the spine forward and will loosen the vertabrae. Rest a minute or two on the books, at each location of tenderness along the spine, try to completely relax your entire back and body. Persons who have hurting and aching backs have reported great relief from this treatment. This should be done three times a week in chronic stiffness of the spine, or in any condition where the spine needs to be relaxed or adjusted forward. The object is to loosen the entire spine and all contractions of the muscles and tissues. Thousands of persons are suffering as a result of lesions and contractions of the tissues along the spine which impinge the nerves. As stated before, contractions of the tissues draw the bones of the spine together and compress the cartilage pads between the vertabrae; this causes the openings to diminish and pinches the spinal nerves. In such cases we have general spinal irritation. In all spinal irritations general weakness of the entire nervous system must result. All the functions of the body will become weakened and under normal. When these conditions are localized there is some local condition resulting. For instance, if it is in the stomach centers some form of stomach weakness will be the result, which will later develop into some form of stomach disease.

As I have stated before there may be mechanical, chemical and mental causes for disease. While we may correct the mechanical cause by manipulation and adjustments, we should at the same time give the chemical and mental divisions our

attention. If there are wrong methods of eating, over-eating, and wrong combinations, we should try to correct this condition. There may be accumulations of toxic matter, and poisons in the blood and tissues which should be eliminated. The blood may be so debilitated that special chemical foods should be used to assist Nature to supply the needed elements. There may be mental causes such as, worry, fear or some mental irritation which has much to do with weakening the general nervous system and this should also be corrected.

Chemical causes do not mean that the sufferer should be drugged. Drugging is not the treatment, but the chemistry of the body may be readjusted by eliminating the poisons, and supplying the body with the proper foods, to supply the required chemical elements.

This system, when understood, will reach most of the causes of all diseases. Of course there are chronic cases which have reached the incurable stage and can not be cured by any method. However, even in many of these, much relief may be obtained and life lengthened by the proper treatment.

SOME DISEASED CONDITIONS AND THE MECHANICAL TREATMENT.

I am giving here only the general outline for the spinal adjustment or treatment. For more specific locations, see the list of spinal centers on another page. It is to be understood that there may be both Chemical and Mental causes associated with the mechanical cause. To get the very best results all conditions must be corrected.

Consult my books entitled; "The Science of

Food Selection", "How to Eliminate Uric Acid, Toxins and Body Poisons" and "How to Correct Mental Mal-Adjustment." When you have these you will be able to get results.

ABSCESSSES. This condition is always associated with toxic accumulations in the blood and tissues. Eliminate the poisons and give general adjustment of the spine daily for a month or longer. Use only Non-Toxic Food Selections.

ASTHMA. Adjust upper dorsal spine, manipulate neck. Use breathing exercises and shoulder exercises to raise the chest. Use Non-Toxic Food Selections.

ANEMIA. (Deficiency of red blood cells). General spinal adjustment and manipulation. Use foods containing much iron element. Supply the vital chemical food elements if you wish quicker results. Consult my book on foods.

APPENDICITIS. Loosen lower spine and adjust from 10th dorsal to 2nd lumbar. Manipulate and stretch muscles along spine to get spinal relaxation. Use injection of warm water to empty colon. See article on treatment in my book, "How to Eliminate Uric Acid, Toxins and Body Poisons."

ARM TROUBLES. Adjust upper dorsals and give neck treatment.

BLADDER TROUBLES. Adjust at first and fifth lumbar. Clean the system of all toxic matter. Use Non-Toxic Food Selection.

BRAIN TROUBLES. Give neck treatments. Also general spinal adjustment. See my book on, "Apoplexy, Paralysis Etc." for full instructions, for such treatments.

BRIGHT'S DISEASE. General spinal treatment with special attention to kidney centers. A

very strict Food Selection of the Non-Toxic foods. Tox-Absorb Baths.

BRONCHITIS. Adjust upper dorsals and treat neck. Clear the blood of toxic matter and restrict the food selection.

CATARRH. Treat neck and adjust at the "central place," and kidney place. Clear the blood of toxic matter and use only Non-Toxic food selection.

CONSTIPATION. General spinal treatment, with special attention to the adjustment of the spine at the lower dorsals and the lumbar. In constipation much depends on the foods, rich, greasy, sweets, starches, and all highly seasoned foods produce wrong actions in the intestines and bowels which cause constipation. Laxative foods must be used, such as vegetables and fruits. Consult my book on food selection. In some cases of constipation, the muscles around the Anus and the rectal opening are contracted and tightened. It is difficult to have a bowel movement. These muscles should be stretched, and the orifice dilated. This may be done by lubricating the forefinger and passing it into the rectum and pulling on the muscles, stretching and relaxing them. Rectal dilators may be purchased at most any drug store for this purpose. If the rectum is dilated every day for a week or more much relief may be obtained. In some cases, there is present a diseased condition of the colon, which should be treated. My book on, "How to Eliminate Uric Acid, Toxins and Body Poisons" gives special treatment for these conditions.

DEBILITY AND NEURASTHENIA. General spinal irritation is usually found in this condition. The spine is tender and sore with contrac-

tions. The entire spine should be treated with manipulations, and adjusted every day for a week or two, then every other day. It is well to use a set of the exercises every morning, with deep breathing. Attention must be given to the food and all irritating foods avoided.

Some of these cases are deficient of the vital chemicals which Nature uses in the production of nerve cells. These may be supplied with good results.

DIABETES. This is a constitutional disease, in which there is a derangement in the functional activities of the laboratory processes of the body. Sugar is produced in excessive quantities and is found in the blood and the urine, body poisons are produced and clog the tissues of the body. Give general spinal treatment, with special attention to the "Central Place" and the "Kidney Place" of the spine. A very strict food selection must be used, Non-Toxic Food Selection. In this condition there are many deficiencies of the vital chemical elements. If these can not be taken up from the foods, they should be supplied by the use of the vital chemical food elements.

DISEASES OF THE EAR. Give neck treatments. Relax spine at first and second cervical vertebrae. Relax muscles under the jaw of the effected ear. Antiseptic washes should be used in the nasal and throat passages.

DISEASES OF THE THROAT. Treat neck and upper dorsals. Give shoulder and chest exercises. Restrict the food selection.

DISEASES OF THE EYES. Give neck treatments. Manipulate the tissues around the eyes. Restrict the food selection.

DISEASES OF THE HEART. Adjust at heart

centers. Raise shoulders and chest. Use moderate exercises. Use Non-Toxic food selection.

DISEASES OF THE INTESTINES. Adjust from the 10th dorsal to 1st lumbar. In cases of diarrhoea, put pressure over the spine at this point and continue the steady pressure for five minutes. This can often be done by seating the afflicted person on a chair, put the knee in the back at this point, then take hold of the shoulders and pull back, and at the same time keep steady pressure against the spine at this point. This inhibits the nerve currents to the bowels and stops the rapid action of the bowel muscles. This may have to be repeated two or three times in some cases.

DISEASE OF THE LIVER. Treat spine at liver centers, and give a general treatment. Use the exercises as given for liver on another page. Restrict the food selection, using more fruits and vegetables. See Food Book for special instructions.

DISEASE OF THE PROSTATE GLAND. Adjust at the 12th dorsal and 4th lumbar. The enlargement of the gland is generally due to toxic infiltration of the gland. This may be absorbed by a special treatment. See full instruction in my book, "How to Eliminate Uric Acid, Toxins and Body Poisons."

DISEASES OF THE STOMACH. Fifth, sixth and seventh dorsal. Adjust and treat entire spine. Exercises will do much good in these cases. All rich food should be avoided for awhile. Only foods which will digest within an hour or hour and half should be used. My food book will give full instructions.

See "spinal centers" for treating and adjusting for diseases in other organs and parts.

DIZZINESS. Treat neck and shoulders. Use arm, chest and shoulder exercises.

GALL STONES. See liver.

HEADACHES. Many headaches are due to toxic accumulations and from stomach and bowel disorders. Treat neck and restrict the food selection.

INSOMNIA. Treat neck.

MENSTRUATION. If painful or delayed, adjust 12th dorsal and 1st and 2nd lumbar spine. Place hand, palm down over sacrum, then with the fist of the other hand, strike several heavy blows on the back of the hand, jarring the lower spine and sacrum. This often will relax the tissues and start the flow.

MENTAL DEPRESSION. Treat neck. Restrict the foods.

NERVOUSNESS. Treat neck and give general spinal treatment.

NEURITIS. If nerve involved is in arms or neck, treat the spine at the upper dorsals and neck. If the tender nerves can be located, adjust the spine at the point where the nerve is given off from the spine.

PARALYSIS. See my book on this subject for full instructions. Always give general spinal adjustment.

RHEUMATISM. Give general spinal adjustment. Correct all toxic conditions.

SCIATICA. Treat and adjust the lower dorsal and lumbar spine. Stretch nerve by raising the leg straight up, while patient is lying on back. This causes some pain, but it will produce relaxation of the nerve and give relief. Hot wet com-

presses over painful nerve also give much relief.

THYROID ENLARGEMENT. (Goitre) Treat neck. Adjust upper spine, and 5th dorsal spine. Raise chest and collar bones and give shoulder exercises.

UTERUS. (Womb) Adjust spine at 12th dorsal. 1st., 2nd and 4th lumbar.

In most all conditions give a general spinal treatment with special attention to the center of the spine, where the nerves are given off to any certain organ or part involved.

The exercises given on another page may be combined with any treatment with good results.

Remember that this book is given for the mechanical adjustment and it is very important that both the chemical and mental conditions be given equal attention, as there are but few diseased conditions in which there are not some chemical maladjustments. Most every one is suffering, to some extent, from accumulations of toxins and body poisons. Any system which tries to correct one cause and overlooks other causes, is not correcting all of the causes. There may be in some cases, nerve irritations and leakages from other causes, such as eye strain, irritations from orificial causes, focal infections, etc. However, these cases are not so common. The instructions given in this course will enable most anyone, of average intelligence, to understand the structural makeup of the body and be able to relieve most of the common ills of the body. These instructions should prove of exceptional value to every reader. There is no danger of doing the least harm in any case, and there is every possibility of accomplishing much good. When you have read the other books and have become familiar with the system,

you will then see how very simple and plain they are and how anyone may assist Nature, by following the instructions given in the books.

SPINAL TOX-ABSORB COMPRESS.

Many persons who are afflicted with general spinal irritation and tenderness along the spine, are extremely sensitive to pressure over the nerve centers and throughout the muscles and ligaments on both sides of the spine. This condition causes contraction of all the muscles and has a tendency to shorten the spine, by compressing (thinning) the cartilage cushions or disks between the bones of the spine. Of course this will diminish the size of the spinal windows and cause greater impingement of all the spinal nerves. The use of the hot spinal compress for 30 or 40 minutes or longer every day for a week, and then every other day for a month or longer, will give much relief, and assist Nature to absorb the toxic matter which has lodged in the tissues. It brings relaxation and stimulates the general circulation, not only in the muscle tissues, but also acts as a stimulation to the nerves as well. This treatment may be used in any case with good results. Avoid taking cold.

How to Prepare and Give the Treatment.

Take a large pan, and pour in a gallon or more of water. To this add one heaping tablespoonful of Magnesium sulphate (Epsom Salts) to each pint of water. Set on the stove and bring it to the boiling point. Now take one or two heavy bath towels or a wool blanket, dip it in the hot solution, wring it out, then unfold and lay it flat on the skin over the entire length of the spine. Put

it on as hot as the patient can endure, leave it on for from three to five minutes or as long as it is hot. Then take off and wet it in the solution again and repeat the process. Keep this up for from 30 to 40 minutes or longer at each treatment. This is a very effective treatment for all stiffened or painful conditions of the spine. In old standing cases of stiffness and hardening of the spinal tissues, it may be best to keep this treatment up for two months or longer.

In all manner of backaches and pains along the spine or over the hips, this treatment will be very effective in bringing relaxation and relieving the pains.

After the treatment is carried out, the spinal muscles may be relaxed or stretched by manipulation along the side of the spine over the muscle tissues, using the balls of the ends of the fingers. Then the adjustment may be given as indicated.

See my book entitled; "How to Eliminate Uric Acid, Toxins and Body Poisons. It will give full instructions for preparing and using many kinds of compresses and Tox-Absorb baths, etc.

EXERCISES

HOW TO TAKE THEM

The taking of exercises is over done. There are thousands of exercises for this and that. Many of them useless, and unless any exercise is continued indefinitely it will do but little good.

Physical culture methods have produced all manner of exercises, but no one has time to follow a system which would consume all one's time in exercising

There are a few exercises which have value

and a few which will cover the movement of every muscle in the body which should be exercised. I have tried this out thoroughly in my many years of practice and am giving here, exercises which will be of value to anyone.

The idea in exercising, is to keep the muscles and ligaments in a loosened, or normally relaxed condition, to bring circulation to every muscle tissue. Of course there are some persons who do not get enough exercise, and but few of us get enough general exercise for the entire body. A person may be a great walker and still not walk in a way to exercise the entire body. The chest and upper spine should have special exercise to loosen it and keep free movements in all the joints. I have seen many persons who would get out and do a lot of walking, but they were undeveloped in the chest and upper part of their bodies. Their legs were developed from the hips down and the upper body undeveloped and unhealthy. Walking in the open air is a splendid exercise, and will exercise much of the body. Every one should walk from two to five miles a day and while walking take many deep breaths.

Walking Exercise. The morning is the best time to get out. Start your walking and at the same time start your deep breathing. As you take a step draw in a deep breath, taking one third of the deep breath, each time you step, for three steps or even four or five steps, then exhale it and repeat the process. Do this for five minutes then rest for five minutes but keep walking slowly. Then repeat the deep breathing by steps, for instance, as you walk, you may count each step, as one, two, three, four, drawing in part of the breath each time you step. Then hold it

if you wish, for a step or two and exhale. Then repeat it again and again, for five or ten minutes. This method keeps your mind employed on the job, and you should, all the while, keep the idea in your mind that you are breathing for health and life.

Try this a few times and you will find that you will get great results.

Running Exercises. Running exercises are not advised, as they produce too much strain on the breathing.

This may be modified and taken in doors in a mild way.

Try this for five minutes a day in your home or office.

Stand by a table putting your hands on the edge of the table. Now make the movement, one foot and then the other, just like you were running making the movements as fast as you wish. (This is just like marking time in marching). You will find after two or three minutes of vigorous running of this kind that you will begin to feel a little tired and will consume much more oxygen in breathing. This is like hopping up and down and running at the same time. If you put much weight on your arms, leaning on the table, you will find that it will be very effective exercise. From three to five minutes of this exercise once a day will show results. It is equal to quite a walk. This will help reduce flesh if one wishes to reduce. Always do deep breathing while running.

Spading Exercise. For those who wish vigorous exercise out of doors, the spading or turning over of ground by the use of the spade, is one of the methods which will bring nearly every

muscle in the body into use. The method is to buy a common spade or spading fork from a hardware store. Go out in your back yard or garden and spade up a square of the ground.

Keep this up from ten to thirty minutes every morning. You can spade the same ground over and over morning after morning. This will develop the muscles of the spine and every other muscle in the body.

These exercises are for those who wish vigorous exercises and they will most certainly develop muscle tissue and will assist elimination of the body.

EXERCISES FOR BUSY MEN AND WOMEN

(To be taken at home)

These exercises are all that anyone may ever need to keep every muscle in the body, as well as every joint of the spine, in a healthy condition.

It is always best to take exercises in a room supplied with fresh air. If the windows are open so much the better. When taking any of the exercises take deep breathing at the same time.

No. 1. The Running Exercise as given above. Do this for two or four minutes, taking deep breathing.

No. 2. Stand erect, chest out, limbs together. Rotate shoulders to the right, then to the left, each time raising the arms, as the shoulders are rotated from side to side. Do this several times for, from one to two minutes.

No. 3. In the same position, clasp hands behind you. Now inhale the breath and at the same

time raise the chest, with the shoulders up as you inhale, and lower as you exhale.

No. 4. Inhale deeply extending the abdomen. Now inhale more air, extending the chest also. Now exhale slowly. Repeat this several times.

When taking the exercises with breathing, breathe in and out through the nasal passage. Always remember that the nose passages were made for the breathing in, and exhaling all air into and from the lungs. Never breathe through the mouth. It is very unhealthy.

No. 7. *This is for the spine.* Take the same position, body erect, limbs stiff. Raise on the tip toes. While doing this, swing the arms in a circle in front of the body. Do this several times. With limbs straight, rotate the entire body to the left and then to the right. This is a twisting exercise to keep the spine loosened. Do this four or five times each way.

No. 8. For the kidneys and spine.

Keep knees stiff. Bend over and touch hands or tip of fingers to the floor or try to touch the floor. Return or straighten up and as you do, expand the chest each time. Then repeat it. Do this from four to eight times.

No. 9. For the Liver and Spine. Spread the feet far apart. Now bend the body from one side toward the floor, with the arm extended above the head. Then bend the other side over toward the floor. Repeat several times.

No. 10. This is the chopping exercise. It is a wonderful exercise, and if used every day for three to five minutes, a very few of the other exercises will be required.

Imagine you are chopping down a tree, hold the imaginary axe-handle in your two hands and

strike away at the tree with heavy licks. Chop to the right for five or six licks, then turn and chop to the left. Keep this movement up for, from three to five minutes and you will bring hundreds of muscles into activity. This is a great exercise which will effect the circulation to the liver, stomach, kidneys, bowels, etc. and will exercise the spine, arms and limbs.

Combine this with one or two other exercises for only ten minutes and you will accomplish much.

No. 11. Another very good exercise for the shoulders and chest, as well as the upper spine, is to turn an imaginary grind-stone or turn some kind of a crank. You may feel like a crank while you are doing it but it will do a lot of good. Just imagine you are gripping the handle of a crank, and then make the circular motion just like it was difficult to turn. Do this for three minutes at a time.

No. 12. Take the following exercises while lying down. Arms down by sides, raise head trying to bring the chin down on the chest. Then bend head over on shoulder, trying to make the ear touch the shoulder. Bend to both sides several times. Then forward and back.

No. 13. While lying on the back, bring body up to sitting position, keeping hips, knees and feet on the floor or bed on which you are lying. Sometimes this can not be done, unless a weight is put on the feet, to hold them down. This is a very strenuous strengthening exercise for the entire spine. This should be repeated from five to ten times.

No. 14. While lying on the back, draw both

knees up against the chest and let them back. Do this five to ten times.

No. 15. Raise both legs from the floor or bed, keeping the knees stiff. Let them down and repeat several times. This will develop the hips and spinal muscles.

These are all the exercises anyone will ever need and of course all of them can not be practiced at one time. Ten minutes either in the morning or at night every day will bring good results. Morning is usually the best time to take these, just after rising. You will note that some of them may be taken in bed. If you wish to see results from exercises you must keep them up each day for at least two months.

Exercises will do much to keep the mechanics in proper adjustment and produce normal movement in the joint. It will insure good muscular development and activity, and produce a free and full circulation of the blood to all parts of the body.

LESSON NINE

STRETCHING AND RELAXING THE MUSCLES AND LIGAMENTS

All animals, with the exception of man, take time to stretch the muscles and ligaments. The stretching of the tissues of the muscles, equalizes the circulation and tension. In the morning when you first awake, you will find that you have been in one position for hours. Although you should have been relaxed in your sleep, (many person do not) the pressure of the weight of your body will retard the blood circulation in the muscles and tissues and often persons will find that they feel numb on the surface of the side of the body on which they have been resting for hours. When one awakes, before getting out of bed and putting the muscles into action, he or she should equalize the circulation and equalize the tension on the muscles. If this is done, one will feel more of the life forces in all parts of the body. Watch the dog or the cat when awaked from a sleep, even of only an hour. They stretch well, in every direction before they are ready for moving off. Their instinct (innate intelligence) teaches them to follow and respect the laws of Nature. We use our will-power and do as we please, but we pay the penalty when we disobey the laws of Nature.

How To Stretch. Stretch the body length-wise

just as far as you can, extending the arms above the head. Then stretch the arms and limbs separately. Then twist the arms and limbs by contracting the muscles, trying to turn the hand or foot completely around. Do this both ways. Then twist the feet, up and down and in a rotary movement. Twist and relax the hands and arms in the same manner. Use no force other than the natural contraction of the muscles. Then you should twist the body, the entire spine in the same way, to both sides. Hold each position in the stretching and twisting for about 15 seconds. This will bring relaxation. Many persons who jump out of bed in the morning, feel full-headed and stiff in the joints, they often say they have a hard time waking up. Many persons yawn quite a lot on arising, but this is usually the extent of their stretching. After one takes about two or three minutes to stretch before getting out of bed, the muscles are in normal working order and one arises feeling refreshed and ready for the duty of the coming day. Try this for a month and you will keep it up the rest of your life. I have many of my patients lie down for fifteen minutes or longer at noon, in order that the constant tension on the muscles, which hold the body in an upright position, may be relaxed for a few minutes. A good relaxation and stretching at the middle of the day will make one feel refreshed and rested.

WALKING ON ALL FOURS.—OVERCOMING THE EFFECT OF GRAVITY.

There are many persons afflicted with prolapsus of the internal organs. In fact this has become a very common affliction. There are several causes,

which may be considered. In some cases there is a general weakness of the muscles and ligaments, which are supposed to keep these internal organs anchored in their normal position. This weakness may be due to a deficient nerve or blood supply to the muscles or ligaments. It may be due to a deficiency of certain elements which give strength to these tissues, and it may be due to an accumulation of toxins and poisons in the muscles and ligaments which have diminished their normal power of contraction. Some are afflicted with prolapsed stomach, intestines, kidneys, colon, bladder, uterus, etc.

Another force which has much to do with prolapsus is the *force of gravity*, which of course, causes a constant downward pull on the organs or parts. When there is any degree of prolapsus or misplacement of any organ, it will produce pressure on some organ or part on which it presses. This pressure will cause an obstruction to the normal blood and nerve currents. Prolapsus of different organs and parts is the cause of many disorders of the body. It is often the cause of constipation, the intestines and colon will prolapse, obstructing the normal movements of the contents of the bowel. The colon is often found displaced to such a degree that it obstructs the movements of the fecal matter and the bowels will only move when forced by strong cathartics.

Often the cause of appendicitis is due to the obstruction within the colon, which results in inflammation which involves the appendix. The pressure due to prolapsed organs, often obstructs and irritates the bladder. Uterine congestion and misplacements are caused by other internal organs pressing down into the pelvic basin and

forcing them out of their normal position and obstructing the normal blood and nerve circulation. This condition also will in some cases, cause a constant pressure on the ganglion of nerves which are located just in front of the sacrum in the back of the pelvic basin. This pressure will diminish the nerve currents to and from the limbs. Some persons afflicted in this way will have constant aching of the limbs, others will have numbness and lose the use of limbs, while others will have swelling of the limbs. Many rectal diseases are the result of obstruction caused in this way. Many cases of enlargement of the prostate gland may be traced to this cause. Any pelvic disorder may result from the constant obstruction of the blood and nerve circulation due to impaction of the pelvis.

Corrective treatment should be instituted to strengthen the tissues of the entire body. It will take time to accomplish this. It is well to assist Nature in replacing the organs by the use of special exercises which will relieve the force of gravity. This exercise is done by simply getting down on the floor and walking around on the hands and feet, on all-fours. . This should be done for from three to ten minutes just before retiring at night. Then when you get in bed lie on the stomach for some time.

Walking on the all-fours will produce certain movements of the internal organs and by reversing the position of the body, the force of gravity will help to lift the organs up into normal position. The position also has a tendency to equalize the blood circulation. It will also assist in the drainage of the sinuses (cavities) of the head and face, as the drainage openings of these sinuses

of the head, are near the top of the sinus, and by walking on the all-fours, or holding the head down awhile, the sinuses are easily drained. Many who have catarrh of these sinuses have obtained much relief from the catarrhal condition by this method. It not only drains the sinuses, but also flushes the brain with extra blood and increases the drainage. However, persons afflicted with high blood pressure conditions, should not practice this exercise, as it will cause a greater flow of blood to the head. After the blood pressure is reduced it may be used with much benefit. There is no doubt but the walking or crawling of the infant on the all-fours has much to do with the healthy development of the brain as well as the body of the child. The child who is allowed to crawl for a longer period, before taking the upright position, is always the healthier child. Parents make a mistake in standing the child on its feet so much, and by trying to force it to walk, at an early age. In many persons there have been misplacement of organs from childhood due to this very cause. Jumping a baby up and down to quiet it is a bad practice. At this time in life the ligaments which hold the internal organs in position are very tender and elastic. They are easily stretched, and the organs are allowed to sag down and impact the pelvis. Think of the many diseases which may result from this condition. This walking on all-fours has been known to greatly relieve many forms of colon prolapsus and relieve chronic constipation. There is no doubt but many pelvic diseases in both men and women are brought about from the habit we have of being in an upright position for so long a time.

In the treatment of many pelvic diseases it is

advisable to lie down on a couch or table on the side or stomach, having the foot of the couch elevated from 12 to 18 inches. Taking this position for from 20 to 30 minutes, will relieve the blood circulation and allow the force of gravity to raise the organs to quite an extent. In some cases I have done this at noon, and again before retiring at night. Men afflicted with prostate gland troubles will get much benefit from this treatment.

LESSON TEN

SPINAL CONCUSSION TREATMENT.

WHAT IT IS, WHAT IT DOES, HOW TO DO IT.

This form of mechanical treatment consists of using quick, jarring strokes over certain spinal nerve centers. The strokes are delivered in rapid succession for from one-half to one minute, then a pause of one-half minute and the concussion strokes are repeated for the same length of time and then rest for half a minute and again repeat and so on, until from three to four minutes treatment is given.

The effects of this rapid jarring or concussion, due to the quick strokes, is to stimulate the nerve centers which produce a reflex or stimulus, stimulating the different organs or parts to which the nerve enervates.

The rapid jarring effects the nerve center very much the same as electricity. The sinusoidal current of electricity may be used over the centers in the same way, using a fairly rapid sine wave, and the same effect will be produced. Some who use this method and are equipped with a sinusoidal apparatus prefer to use the electrical current, in the place of the stroking. However, this kind of an electrical instrument can only be found in a few physician's offices. Anyone having an instrument which connects with the city alternating current, reducing it, has what is known as a

modified rapid sinusoidal current, and it may be used with success in place of the concussion.

However, one does not need anything better than the stroking or concussion to elicit the nerve reflex or stimulation. This stimulation, awakes the nerve impulses, in weakened conditions of the nerve centers, and produces activities in the different parts and organs, which are supplied by the nerves. One has but to study the spine and the location of the different nerve centers to be able to use this treatment and get good results. In locating the nerve centers in the dorsal area of the spine the nerve centers, or nerves pass out through the windows about one inch above the process of the spine which one may feel with the fingers in locating the vertebra. For instance, if you wish to locate the 9th dorsal nerves, locate the process of the bone or vertebrae, then move up the spine about one inch and you will be just over the windows where the nerves pass out. The same is true of the upper dorsals, only the distance is about 3-4 inch. This is the case in the lower cervicals, the 5th and 6th. If you do not get just exactly over the centers, you will get good results, but you would get better results by being just over the nerves.

In studying the shape of the spinous processes of the spine, you will find that some extend out about straight and some slant or are bent downward. This is to be found mostly in the lower dorsals. See the cut showing the side view of the spine.

HOW TO GIVE THE CONCUSSION TREATMENT.

It may be done by placing the open hand, palm

down, against or across the spine at the indicated nerve centers, and with the other hand closed up in fist form, strike the back of the hand, over the spinal centers, with rapid strokes, just hard enough to jar the spine. It is best to use the little finger side or soft side of the fist in making the concussions. Strike quickly, just like you were driving a small nail, with quick rapid strokes.

Strike from 60 to 75 blows the first half minute or twice this amount if you concuss one minute before resting. The most effective method for stimulation is to strike the rapid blows, quickly, and with just enough force to jar the spinal center well. Continue, for from one-half to one minute, then rest for a half minute and repeat. Continue this way concussing, and then resting, for half a minute, for from three to five minutes. Few conditions will require more than three or four minute treatments.

There are instruments on the market for giving this treatment which consist of a pleximeter and a mallet, but anyone may make an apparatus as follows: Use a common small tack hammer or small wooden mallet to produce the blow. Take a piece of wood 1x1 inch and about 4 or 4 1-2 inches long. Procure two large jug corks, make a hole through the corks about half way down the sides of the corks, and pass a little piece of wire or string, if wire is used it may just be stuck right through the corks, no hole will have to be made. Now place the largest end of the corks against the wood block, side by side, about two inches apart, now twist the wire over the top of the wood block, making the corks fit tight against the wood. If a string is used, tie it tight.

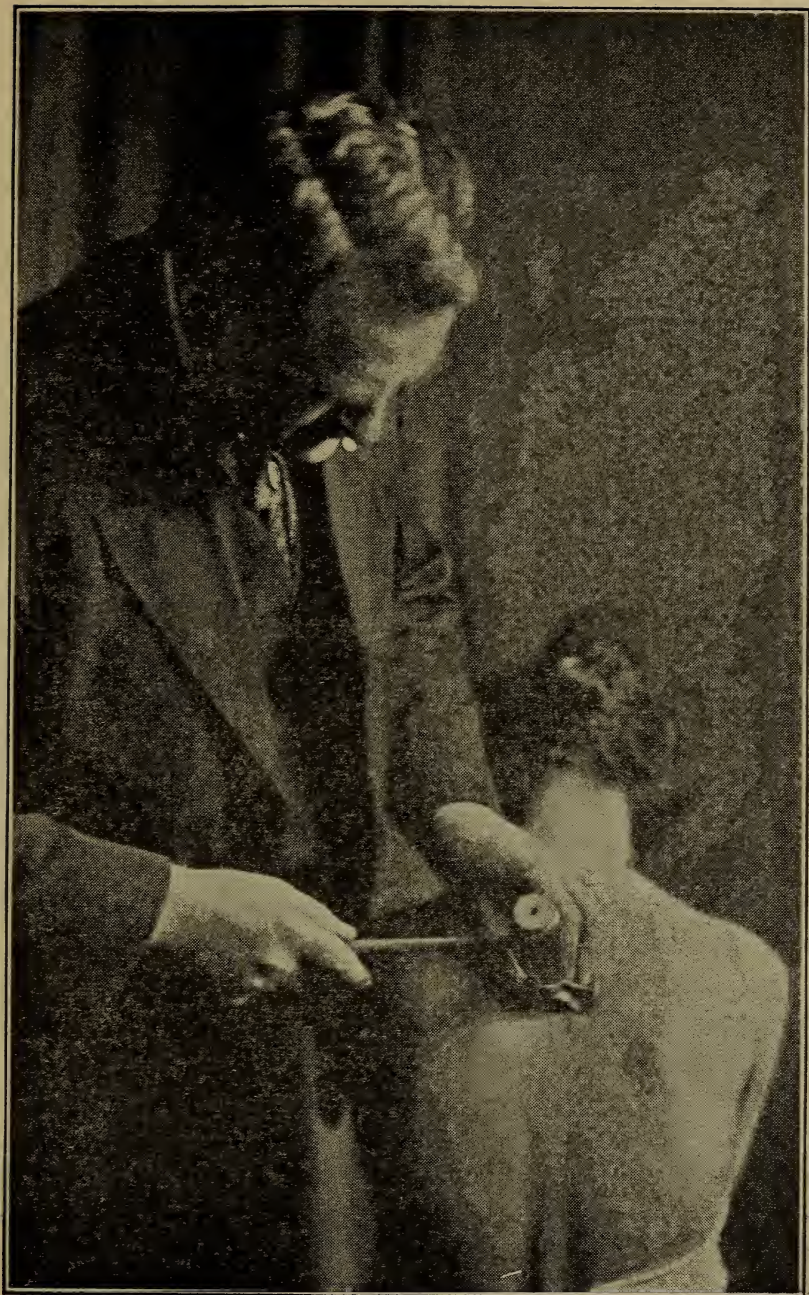
If the large jug corks can not be easily obtained,

two blocks of wood about one inch high, may be covered with felt or padded with several layers of thick cloth, to form a cushion, to be used over the nerve centers..

To use this home made pleximeter, place the wood block astride the spine, and the small ends of the corks will come about to the edge of the vertabrae and over the indicated nerve centers on both sides of the spine. Now take a small tack hammer or a wooden or rubber mallet, which anyone can make, and use it to hit the top of the wooden block. This will produce a jarring of the nerve centers in the tissues or muscles under the corks. Now strike quick, rapid blows as instructed above, in using the hands. Of course this apparatus will get better results than the hands, as the blows are more effective as they come more directly over the nerves.

Strokes of 120 to 150 per minute act as quick stimulation. Blows at the rate of 30 or 40 per minute, are more soothing but do not stimulate as rapidly. Do not continue the treatment longer than four or five minutes, as after a longer time the nerve centers become exhausted and are inhibited.

This treatment may be used twice a day in acute cases. Once a day, in ordinary cases, and after improvement every other day will be sufficient.



This cut shows how concussion is given

KEY OF SPINAL CENTERS FOR APPLYING CONCUSSION TREATMENT.

On other pages is a list of spinal centers for adjustment, which may be used the same as this list of locations, as they are all the same.

Applying concussion as directed at these centers; Second and Third Cervical; indicated in diseases of the eyes, ears, nose, throat and in high blood pressure.

Fourth and Fifth Cervical; lung reflex centers of contractions, indicated in asthma, bronchitis, hiccoughs.

Fourth to Seventh Cervical; concussion indicated here in numbness of the arms and in paralysis. Treat here in infantile paralysis effecting the arms.

Sixth and Seventh Cervical; indicated in goiter, bronchitis, migraine (sick-headache) eye, ear, nose and lung diseases. Nervous deafness. Relieves cough.

Third Dorsal; indicated in too rapid heart action. Often relieves pains due to menstural disorders. Has special effect on mammary glands (the breasts) will enlarge busts. It will increase the flow of milk in the nursing mother. Indicated in some cases of high blood pressure.

Fourth Dorsal; contracts the gall bladder and stimulates the pancreas. Indicated in catarrhal jaundice, hepatic fevers, etc.

Fifth Dorsal.—Indicated in sick headache. Concussion here for five or six minutes will cause the contents of the stomach to immediately empty into the small intestine. By concussing here the stomach contents may be rapidly set to moving.

Concuss here in all stomach weakness and diseases.

Sixth and Seventh Dorsal.—Dilates kidneys and makes them more active. Indicated in all kidney diseases.

Seventh and Eighth Dorsal.—Lung troubles, and in prolapsus of the intestines and bowels. In all nervous troubles.

Ninth Dorsal.—Dilates gall bladder. Indicated in gall stone colic and gall bladder troubles.

Tenth Dorsal.—Relieves pain, in ulcer of the stomach. Reduces high blood pressure. Dilates kidneys and stimulates activity.. Dilates blood vessels of entire body. Indicated in neuralgia of ovaries. Locomotor Ataxia.

Eleventh Dorsal.—Concussion here has special effect in blood building processes, increasing red blood cells. Effects the activities of the bowels, gall bladder and liver, spleen, stomach, uterus, ureters, etc. Concussion here has a general stimulating effect on the nervous system. Especially indicated in infantile paralysis when the limbs are involved. In constipation, diarrhoea and all bowel troubles.

However, it will be well to also concuss gently the eleventh dorsal spinal center for three to five minutes, as per instructions.

In all cases of paralysis, concussion treatment should be used daily from the eleventh dorsal to third lumbar spine. In paralysis of the arms, fourth to seventh cervical.

High blood pressure may be relieved by concussing at the seventh cervical, second to fourth dorsal and tenth dorsal.

If the heart is weak and blood pressure below normal, it may be raised by concussing at third

and fourth cervical and first, second and third lumbar. In all toxic accumulations, and body poison infiltrations, concuss every day at the eleventh dorsal and first lumbar. These centers effect the spleen and cause the secretions to be increased. The spleen acts as the police department of the body, it secretes fluids which counteract poisons and germs. In many cases of infection of the blood due to influenza, la grippe, severe colds, etc. this treatment will prove very efficient. It should be given twice daily.

If there is any kind of blood infection or blood impurity, from any cause, do not fail to use the spleen concussion every day for two to four weeks. Some wonderful results have been obtained in old long standing taints and blood impurities.

Twelfth Dorsal.—Contracts kidneys and relieves back aches due to distended or relaxed kidneys. Never concuss here if there is renal pain from the passage of kidney stones, as concussion at this point contracts the kidneys. (Concuss at the tenth dorsal to relax the kidneys.) This point is indicated in movable or prolapsed kidneys. In all prostatic diseases and enlargements of the prostate gland. In most all backaches, this will relieve.

First to Third Lumbar.—Indicated in liver, stomach, intestines, spleen, and uterine diseases. Always concuss here in all autointoxication and conditions where there is retention of body poisons. In all cases of acute colds or congestion in any part of the body. In constipation, bowel troubles etc. In uterine hemorrhages concuss at this point.

Third Lumbar.—Stimulates ovaries.

Fifth Lumbar.—Contracts the bladder.

Indicated in prolapsed bladder, irritable bladder and enuresis (bed-wetting).

Sacrum.—In delayed menstrual flow, place open hand over sacrum, palm down. Then use the other hand, in fist form, and strike several rapid heavy blows to back of hand over the sacrum. Ten to fifteen concussions, extra heavy, will often relax the contracted conditions and usually start flow in 24 hours.



LESSON ELEVEN

SPECIAL TREATMENT FOR GOITER AND THYROID GLAND ENLARGEMENT

What is known as goiter is no more nor less than an enlargement of the thyroid gland, which is situated in the front of the neck under the several layers of muscles. This gland lies just in front of the trachea or windpipe; it consists of two lobes, one on each side. In some cases when the gland enlarges, it effects but one lobe, and in other cases, both lobes are involved.

In the beginning of the process of enlargement of the gland, there is usually an obstruction to the blood circulation which forces an extra quantity of blood into the gland tissues. If the condition continues, changes in gland tissues take place and then it is very difficult to entirely reduce the enlargement. The nerve supply to the tissues of the gland is often obstructed and the normal functions of the gland can not properly eliminate the waste accumulations, and waste and toxic matter infiltrates the gland, producing enlargement. In some cases there is a deficiency of some of the chemical tissue elements which are used in the gland activity.

The Treatment.—Adjust the spine at the fifth cervical or neck vertebra. Also at the fourth and sixth, eleventh and twelfth dorsals.

Use concussion treatment, at fifth and seventh cervical also at second and sixth dorsal. Adjust

spine every other day. Concuss spine every day for two or three weeks, then if there is improvement, every other day.

The seventh cervical is the main center for the concussion, give three or four minutes, and about two and one-half to three minutes at the other centers.

Chemical conditions of the body must be given attention. If there is an accumulation of toxic matter and general body poisons, follow instruction in my book, "How to Eliminate Uric Acid, Toxins and Body Poisons." Also restrict food selection, use Non-Toxic food combinations.

Apply wet Tox-Absorb Compresses to the neck for, from two to four hours every day for the first two weeks. The largest percentage of goiters may be relieved by this treatment.

There is no doubt but the wearing of low necked dresses has much to do with the increase in goiters in girls and women. This exposure to the cold air, of the muscles of the neck, naturally hardens the muscles and contracts them. This produces pressure on the jugular and sub-clavian veins, retarding the return flow of blood, forcing it into the gland tissues. This produces pressure, and if retarded for some time there may be chemical changes take place in the blood which may effect the gland tissues.

It is well to keep the clavical or collar bones loose, by using shoulder exercises, or by lifting the weight of the body, by hanging by the hands, holding to a horizontal bar or a beam of some kind. Keep the shoulders free and relaxed. In some cases it may require three or four months treatment to get the best results.

NEW SPLEEN TREATMENT, WHICH ASSISTS NATURE TO COUNTERACT AND ELIMINATE BLOOD INFECTIONS, BLOOD TAINTS, BLOOD IMPURITIES, AND BODY TOXINS.

The spleen is what is known as the largest ductless gland and is located just back of the stomach and between the stomach and the left kidney. It is about five inches long and from three-fourths to one inch or more in thickness. It is composed of glandular cells and tissues and is supplied with numerous arteries and blood vessels.

For many years there has been much controversy as to the function of this gland. We have found in the last few years that it is directly connected with the function of the liver, and they together produce antitoxins or virus, which have much to do with counteracting, destroying and eliminating all manner of poisons and disease producing germs which may enter the body.

In other words the spleen, in connection with special liver secretion, acts as the police department of the body. If the blood and tissues become poisoned from blood infections, toxins, germs, etc. which lower the blood vitality, the spleen, if in a normal condition, sets up a fight against the disease producing poisons and germs. The spleen has this function of producing fluids or virus which have much to do in counteracting the effect of any invasion or poisons produced within the body.

The drugless school of physicians has made a world reputation, through the success they have had in the treatment of the sufferers in the late

great Influenza epidemic. While the old schools lost from 15 to 30 per cent of their patients, the drugless or new schools lost less than one-fourth of one per cent, and they treated several hundred thousand cases. Through their treatment they were able to stimulate the secretions of the spleen and liver and cause these glands to secrete extra quantities of these germicidal fluids to assist Nature in her work of counteracting the diseased germs.

In all conditions such as colds, influenza, la grippe, tonsilitis, infections of any kind this treatment should be used to stimulate the secretions to flow rapidly into the blood, as all the secretions are thrown directly into the blood stream.

Blood Infections, Blood Taint, Blood Impurities.

This method has been used with much success in the treatment of the most serious blood infections and impurities which result from syphilis and venereal diseases. It is claimed that this most dreaded condition could be eliminated from the body, if the spleen could be kept active. In many cases of these infections there are weakened cells and glandular tissues of the spleen which may not function normally and it is very often the case that some of the infecting germs may even find lodgment in these weakened cells of the organ itself, as well as cells in other glands and tissues. Many cases are recorded where persons have been afflicted many years and have every reason to believe they are free from the disease but years later they find that they still have traces of the infection. It is this class of cases in which this treatment is especially valuable, as it will arouse the weakened or debilitated cells and cell tissues and eliminate the poisons and

assist Nature to bring about normal chemical antitoxins or virus, which together with the liver secretions, will assist Nature to overcome and eliminate the poisons.

How to use the Treatment.

The treatment is done by the concussion method as described on other pages.

Locate the second lumbar spine and the eleventh dorsal spine. Mark the skin over these with ink or use adhesive and stick it on the skin to mark the location. This will save much time every day in locating the vertebrae and nerve centers.

First concuss over the second lumbar for about three minutes, resting for a half minute after each half minute or three-fourth minute concussing, as mentioned in the instructions.

Then move up to the eleventh dorsal and do the same for the same length of time. The entire time should not be over six or seven minutes. Use this treatment every day for from three to six weeks in chronic cases or suspected old infections. Also use other methods to increase elimination of poisons and toxins, as well as following a strict food selection. See my book, "How to Eliminate Uric Acid, Toxins and Body Poisons." Then in most cases the blood should be supplied with every needed vital chemical food element.

In acute diseases, such as colds, influenza, etc. the treatment should be given twice a day for the first few days. When we concuss the second lumbar the nerve reflex stimulates the spleen and it dilates. Then as we concuss the eleventh dorsal, the nerve reflex causes it to contract and squeeze the fluid antitoxin secretion into the blood circulation. In this way Nature may be greatly assist-

ed and the blood and tissues cleared of poisons. The concussion at the eleventh dorsal also stimulates the liver secretions, which work in connection with the splenic secretions. Many cases give evidence of improvement in a few weeks by the improvement in the complexion. By the stimulation of both the liver and the spleen, the blood building processes are revitalized. It is for this reason that the vital chemical food elements should be supplied either in properly selected food combination, or by the use of the chemical food elements, directly to the blood stream.

LESSON TWELVE

MECHANICAL TREATMENT OF THE RECTUM TO CONSERVE NERVE WASTE AND NERVE LEAKAGES.

The human machine is controlled by two distinct systems of nerves. The *cerebro-spinal nervous system* and the *sympathetic nervous system*. The cerebro-spinal nerves enable us to give action to the different muscles of the body—to do things,—and these nerves are, to a certain extent, under the control of our minds or thought force,—the will. Through the functioning of this system of nerves we feel pain and sensations, in different parts of the body. Then through this system we may direct the movements of the body and protect ourselves from possible harm or injury, etc.

The other system of nerves known as the sympathetic nervous system controls the unconscious function of all life forces throughout the body, enabling us to live. It is this system of nerves which controls the activity of the chemical laboratory of the body, manufacturing every life giving cell, and in counteracting poisonous germs and toxins which may enter or are produced in the blood and tissues of the body. It is this system of nerves which makes life possible, and continues it from day to day. Every detail of life continues in force whether we are awake or asleep, through this great sympathetic nervous system. This life

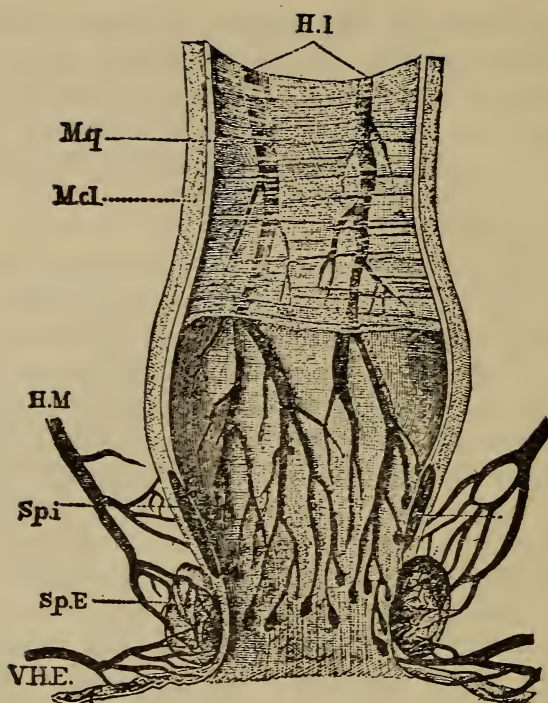
force never rests or never sleeps, during the entire physical life of the body. The cerebro-spinal system through which we think, and our conscious brain functions, has its headquarters in the brain. The sympathetic system, which connects with the brain and cerebro-spinal system has its headquarters in what is known as the *abdominal brain* or *solar plexus*, which has an extra large ganglion or relay station situated just back of the stomach or between the stomach and spinal column. If one gets a slight sudden jar or stroke on the abdomen over the stomach, it effects this solar plexus and for a time will produce unconsciousness. We have all heard of the solar plexus blow which the prize fighter uses to knock out his opponent.

The sympathetic nervous system largely supplies the internal muscle of the rectum as well as the rectal pouch, and all internal tissues of this part of the body. It is claimed that this is the last part of the body to die. In other words, life has been found to be present in these tissues or nerves after the body was supposed to have been dead. Persons who have been given chlorform or ether on operating tables and have ceased to breathe, have been restored to breathing and life by dilating the rectum, thus stimulating the sympathetic nerves. Cases are reported of persons who have taken overdoses of morphine and were supposed to have been dead for some time, being brought back to life through stimulation of the sympathetic nerves of the rectum by dilating them. Infants which have been born apparently dead, have been brought to life by this method of dilating the rectum and stimulating the sympathetic nervous system. I have had undertakers

to tell me that in the care of dead bodies, they often find that the dead have had bowel movements after they were supposed to be dead.

As long as a spark of life remains, it may be made to manifest by stimulating the nerve centers around the rectum through dilating the internal rectal muscle.

One peculiar fact about these nerves supplying the internal rectal muscle is that they do not have any sensation which may be perceived by the brain, although if they are irritated or stimulated they send strong nerve reflex to the sympathetic centers throughout the entire body. Even under chloroform the rectum may be laid open with the knife and the fibers of the nerves of the muscle pinched, or the rectum dilated and the person will begin to gasp for breath and breathe rapidly, owing to the stimulation of the sympathetic centers which control the function of breathing being greatly stimulated; if this were continued for sometime the person would become exhausted and the heart stop beating from exhaustion. This might be done without the person being under chloroform and the effect the same, although the person would not feel any sensation to speak of in the muscle nerve fibers of the rectum. Many cases are on record where persons have died on the operating table, when rectal operation or operation for piles was being done, by ignorance or mistake the nerve fibers have become pinched and over-stimulated. This has produced over-stimulation or shock, which has stopped the heart action. Of course these cases are very rare nowadays as the surgeon knows from experience the effect of rectal stimulation.



The engraving shows the rectum and rectal orifice split open and flattened out, thus exposing the severed edges of the bowel and the sphincters (i. e., the internal and external rectal muscles) and also the rectal veins.

Sp. E., is the external muscle which is controlled by the *cerebro-spinal* nervous system. Injuries to this part of the rectum can be felt.

Sp. i., is the internal or inner rectal muscle, controlled by the *sympathetic* nervous system. Injuries to this part of the rectum are *not felt* as pain, as it is not supplied with *cerebro-spinal* nerves.

V.H.E., these are the external hemorrhoidal veins.

H.M., these are the middle hemorrhoidal veins.

H.I., these are the internal hemorrhoidal veins. The power of the rectal muscles to interfere with free circulation of blood in these veins is obvious.

M.q., is the mucous membrane or lining of the bowel.

M. cl.; is the muscular coat of the bowel.

Note.—This cut is a *photographic duplicate* of one published in Kelsey's standard text book on "Surgery of the Rectum and Pelvis."

From these facts one may understand how it is possible to have a constant drainage or leakage of the vital nerve forces through constant irritation due to a contracted or irritated condition, effecting the rectum and muscle tissues controlling the orifice or opening of the rectum known as the *anus*.

More than 80 per cent of the people are afflicted to some extent with colon and rectal diseases, with involvement of the tissues around the lower end of the rectum in which the rectal muscles are located. Others have irritated and diseased conditions of the rectum such as piles, abrasions of the mucous membrane, pockets, small mucous membrane growths, known as papilla, ulcerations, and many other rectal irritations. But few persons are free from some form of constipation or colon diseases, all of which are productive of irritation of the rectum.

It may be seen that even the slightest irritation may effect the internal rectal muscle (internal sphincter muscle) producing a constant unnatural tightening or contraction which will produce a mechanical pressure on the nerve fibers of the sympathetic nerves and cause a constant nerve stimulation, or leakage of the vital nerve force.

If this leakage or reflex irritation continues from day to day, it means that there is a constant drain of the vital nerve force of the body, due to this cause. Orificial specialists have studied hundreds of thousands of cases of all manner of chronic diseases and have found that in a very large percentage of these cases, that nerve exhaustion and a constant nerve drainage could be traced to pathological conditions in and around the rectum.

The effect is so very far reaching that it is possible that hundreds of diseases of nerve waste and irritations may be traced in part, or to some extent, to this cause. This condition is usually found to be combined with other causes in many of the chronic diseases.

Dr. E. H. Pratt of Chicago, the founder of Orificial Philosophy, and a man of many years of experience, said: "There is one predisposing cause for all forms of chronic diseases and that is nerve-waste occasioned by irritation at the lower openings of the body. Disturbances of the sympathetic nerves, although they do not make themselves known in the language of pain, greatly disturb the various organs of the body, interfering seriously with its nutrition, but very readily escaping the notice of the careless observer."

Dr. Elbridge of Chicago, says; "I find a diseased rectum very often responsible for the wreckage of functions, for waste that outstrips repair. Show me a person with wrinkled skin, sallow, weak, dyspeptic, constipated, cold hands, and feet, unable to sleep, poor appetite, given to despondency, with waning energy, and almost without exception I will show you a person suffering with hitherto unrecognized trouble located

in the rectum or colon or according to the sex, trouble of the uterus or prostate.

It is the truth to say that chronic cases, due to rectal diseases, are as numerous as the twinkling stars."

Dr. W. A. Smith of Chicago, says: "Unnatural irritation within the rectum causes constant contractile efforts of the rectal muscles, giving rise to forms of nerve waste which threaten to exhaust the vitality of the sympathetic nervous system, and paves the way to, as well as continues, more nervous and chronic disorders than all sources of irritation within the human body."

When the sympathetic nervous system becomes devitalized to a certain degree it must weaken every function of all parts and organs throughout the entire body. The blood building forces, the forces of repair, the cell producing force and forces which control the elimination of body waste and poisons are all weakened and the entire body becomes diseased. People may be afflicted with all manner of weakness and disease due to this constant nerve waste or drainage and may be unconscious of the hidden cause.

Nerve energy which should be distributed to the stomach, liver, spleen, kidneys, intestines, colon, lungs, heart, brain and other organs and parts, is being wasted and the nervous system robbed through irritations of the rectum, which cause a constant contraction of the internal sphincter muscle.

In cases of colon diseases with constipation, it usually becomes chronic when the internal rectal muscles have, through irritation and constant strain, become more or less paralyzed. In the early stages of constipation the stools are large

and hard and very difficult to pass, requiring much straining when the bowel movement passes out from the rectal pouch. Frequently such stools contain hard particles, which may tear the mucous membrane, producing abrasions or cracks in the mucous tissues, just inside the orifice, where the internal rectal muscles encircle the lower part of the rectum. These injuries act as a constant irritation to the sympathetic nerve fibers, which supply the muscle tissues and stimulate them to constant tension or contraction. This is productive of a constant nerve-waste and drainage, due to the reflex irritation. In some cases of this class the constant contraction of these muscles causes one to do much straining at stools in order to get the bowel movement to pass through the muscular ring around the orifice. In some cases the contents pass in ribbon form. Others must resort to laxatives to soften the fecal matter before they can pass it out with any degree of comfort. Some persons in this condition always feel a weakening effect after a bowel movement, due to the reflex from the irritated condition of the rectum.

Constipation cannot be relieved so long as a condition of this kind is present. A mechanical treatment should be used to stretch or dilate the muscle tissues, breaking up the adhesions and relaxing the rectal muscles. When this is done, it will not only relieve the contraction of the muscles, but it will act as an extraordinary stimulation to the entire nervous system.

The good effect of dilating the rectum is almost unlimited. Cases are reported of cures brought about through this form of mechanical dilation, which had been treated for years by other methods, with but little results.

Dr. David H. Reeder, author of Home Health Books, says: "Rectal dilation has been able to effect wonderful cures in cases of asthma, rheumatism, insomnia, nervous prostration, kidney and bladder difficulties, skin eruptions of various kinds, and many other chronic diseases. It checks nerve waste when it is located in the rectal orifice; profoundly accelerates the capillary circulation of the blood and strengthens the action of the heart, lungs, stomach and other vital organs, not only through preventing waste of nerve energy, but through its direct influence upon the sympathetic nervous system, which is stimulated thereby to renewed activity in most every organ of the body."

T. J. Appleton, M. D., says: "The enlarged prostates of old men and of others not so old, are probably caused in very many cases, by this unhygienic condition of the rectum. So many cases called by the laity, 'water trouble,' 'bladder trouble' or 'kidney trouble' are simply cases of this prostatic enlargement due to rectal irritation; but doctors prescribe medicine, and the patients take anything almost, while the use of a few rectal sounds and plugs and rectal-douching after stools give relief at once."

Dr. M. J. Bliem, of Texas, says: "Next to the effect upon the respiration, no one thing has been more noticed in stretching the rectal muscles, than the effect upon the peripheral circulation. The cutaneous blood vessels become instantly flushed, hands and feet, which were cold and clammy and anemic before, at once become warm and hyperaemic."

The great importance of mechanical treatment of the rectal muscles cannot be over-estimated.

This treatment should be combined with spe-

cial instructions for self-treatment as given in my book entitled: "How to Eliminate Uric Acid, Toxins and Body Poisons." Special instructions are given for the self-treatment of Constipation, Colon Diseases, Rectal Diseases, Prostatic Diseases, Diseases of Women and many other diseases. Very valuable instruction will also be found in my book, "The Science of Food Selection," which should be followed in connection with the above corrective treatments.

HOW TO DILATE THE SPHINCTER MUSCLE OF THE RECTUM.

First, if there is evidence of colon or rectal trouble, it is well to treat these locally as directed in my book entitled: "How to Eliminate Uric Acid, Toxins and Body Poisons." This treatment will assist Nature to heal the mucous membrane of the colon and rectal pouch.

There are several ways to dilate the rectum. As a rule this is done by the use of rectal dilators; usually they are to be found for sale at any drug store. They are made of hard rubber or glass. These are usually sold in sets of three, a small, medium and large size. The way to use them is to lubricate the dilator and insert the small size. If it is inserted without much discomfort, try the next size.

As the rectum is stretched or dilated, it will at first be very uncomfortable but after a few minutes it will begin to relax and the discomfort will wear off. Leave this size in the rectum for ten minutes or longer. When the muscles have relaxed to the extent that the middle size can be inserted without much discomfort, then begin the

use of the large size, leaving it in for ten to fifteen minutes at a time. This treatment should be done every day for one or two weeks. As the muscles become relaxed and the large size can be used without much discomfort, then use them only every other day.

The treatment may be continued for a month or longer, until the muscle tissue is thoroughly dilated.

There is also a mechanical dilator known as bivalve rectal speculum. This is lubricated and passed into the rectum and then gradually opened, slowly dilating or stretching the muscle until a point of discomfort is reached that it can not be stretched more. Then it is allowed to remain in the rectum for about ten minutes. Each day, as the dilating is continued, one should endeavor to spread the bivalve a little further apart, until the muscle is well dilated. This treatment should be continued for several weeks, until the rectal muscles are well relaxed and there is no soreness or tenderness. .

In some cases the finger may be used with just about as good results. It is best to use a rubber finger cot on the finger (they can be bought at any drug store) lubricate the finger with vaseline and insert it well up in the rectum. Then pull gently on the muscle, stretching it all the way round, as much as you can bear. Stretch it this way for five or ten minutes and repeat the treatments as above.

In treating children, the finger method may be used by the mother or father, with good results. Many cases of nervous, debilitated, undeveloped children, may be greatly benefitted by the use of this treatment. This treatment may be used

either way as given above without the least chance of harm. In some cases there may be a little bleeding after the treatment, but you need not worry as you may know there are some pile tumors or other abrasions of the mucous membrane which will improve under the treatment.

There is no limit to the good which may be derived from dilating and treating the rectum in this way. It will stimulate every function throughout the entire body and will arouse every function and action of all organs. I have seen chronic sufferers from nervousness, constitutional and functional diseases, which were supposed to be hopeless, receive surprising benefits from rectal dilation and treatments. Anyone may treat one's self or others. This treatment may be used in connection with any other treatment, which you may wish to use at the same time.



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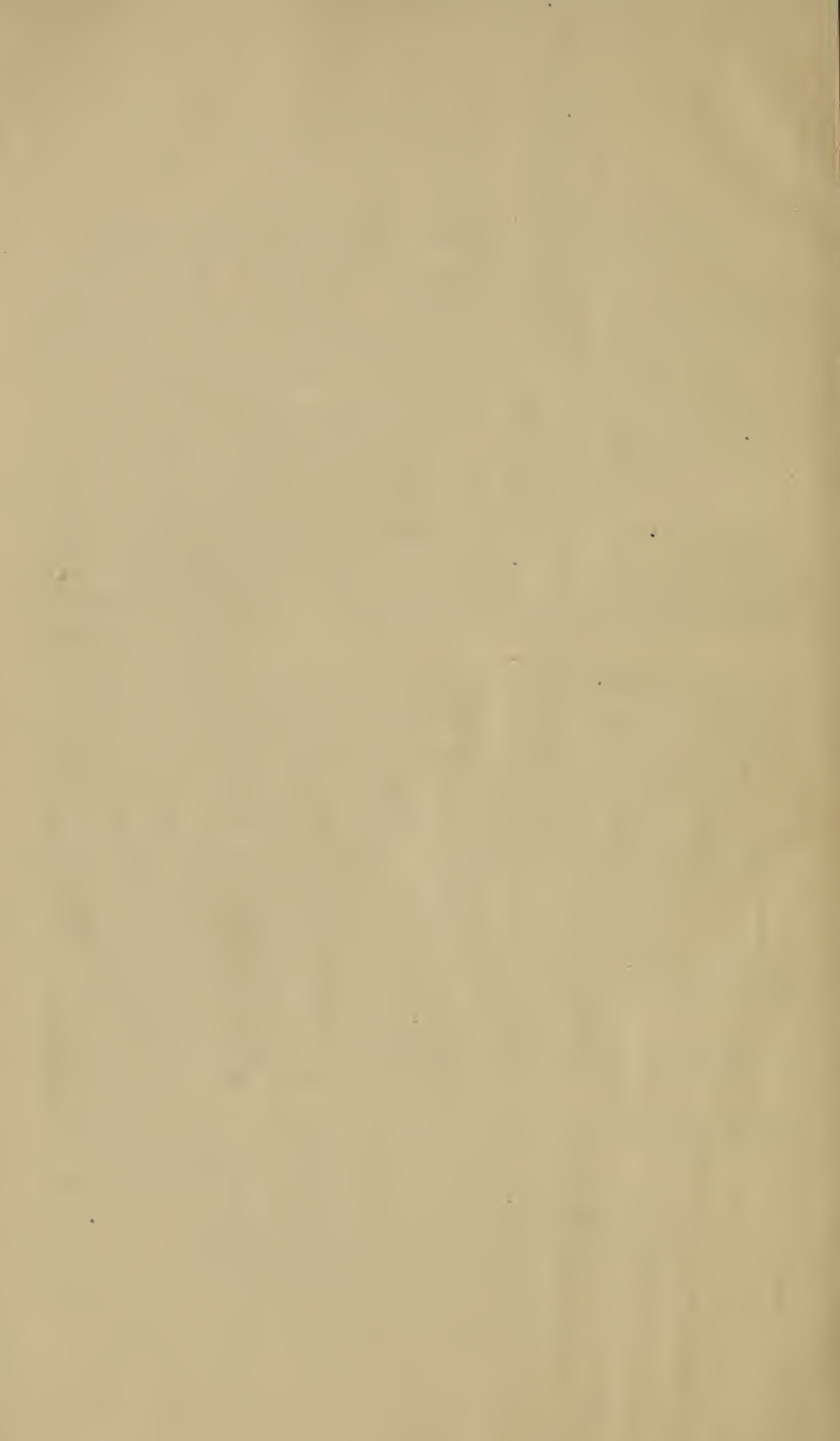
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